

Brace-Friendly Shoes

Use these tips to find shoes that work with your child's foot braces.

General tips

Find a shoe that has:

- A long tongue
- Snug closure over the instep
- Removable insole
- Wide style and toes
- Laces
- Flexible toe box area

For younger children, the Converse Easy Slip is an option with a back that opens with Velcro.

Fitting tips

- Do not buy shoes that are too big. You may have to wiggle the brace into the shoe and you want to find the smallest size that fits the brace.
- Use a shoehorn to help get the brace in the shoe. Talk with your child's orthotist or physical therapist for more information on how to get one.
- Watch your child's toes for redness. This may be a sign that their shoes are too small.

Shopping tips

- To have a more relaxed try-on session, go shopping without your child and bring the shoes home.
- Take the brace with you to the store and try to fit it into the shoe.
- Try ordering multiple shoes at a time when shopping online. You can return the ones that do not work.
- You may need to buy two separate sizes. Nordstrom offers split sizes at no extra charge.
- Once you find a brand or style you like, stick with it.

Pricing guide

Less than \$50

\$50 to \$65

More than \$65

Billy Footwear

Fits Toddler to Big Kid.
Available at Nordstrom, Kids Foot Locker, Zappos and Amazon.



Butler

Fits Toddler to Little Kid.
Available online.



DC

Fits Little Kid to Adult.
Available at Journeys, Zumiez and online.



1 of 2

To Learn More

- Occupational and Physical Therapy
206-987-2113
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Brace-Friendly Shoes

Pricing guide	Less than \$50	\$50 to \$65	More than \$65
<p>Hatchbacks Fits Toddler to Little Kid. Available online.</p> 	<p>Ikika Squeak Fits Toddler to Little Kid. Available online.</p> 	<p>Kamik Fits Toddler to Big Kid. Available at Nordstrom, REI, and online.</p> 	
<p>New Balance Fits Toddler to Adult. Available at New Balance, Super Jock-n-Jill and most athletic shoe stores.</p> 	<p>Nike Fly Ease Fits Toddler to Big Kid. Available at Nike, Zappos and Nordstrom.</p> 	<p>Plae Mimo Fits Toddler to Little Kid. Available at Nordstrom and online retailers. Tab and Velcro extensions available.</p> 	
<p>Plae Ty Fits Toddler to Little Kid. Available at Nordstrom and online retailers. Tab and Velcro extensions available.</p> 	<p>Plae Max Fits Toddler to Little Kid. Available at Nordstrom and online retailers. Tab and Velcro extensions available.</p> 	<p>Plae Thandi Fits Toddler to Little Kid. Available at Nordstrom and online retailers. Tab and Velcro extensions available.</p> 	
<p>Tsukihoshi Fits Toddler to Big Kid. Available at Zappos and Sole Food.</p> 	<p>Vans Fits Infant to Adult. Available at Vans, Nordstrom, DSW, Zumiez and Fred Meyer.</p> 		

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 2019 Seattle Children's, Seattle, Washington. All rights reserved.

6/19
PE2822