

Children's Stability Footwear: How to Choose the Right Features

Follow the guide below to help choose appropriate footwear features suitable for a specific diagnosis. Select the filter options on our website according to the guide to view the footwear options suitable for that specific condition. Remember, this guide provides general advice on choosing footwear and should not replace personalized assessment and recommendation from a healthcare professional. Reach out to Well & Able for further assistance.

Well & Able Filter	Toe Walking & Sensory Processing Issues	Low Muscle Tone/ Hypermobility	High Muscle Tone	First Steps
Height	Above the ankle	At the ankle or above the ankle	Above the ankle or lower leg	Above the ankle
Sole stiffness	Medium or high	Low or medium	Medium or high	Low or medium
Counter support	High or high+	Medium or medium+	High or high+	Medium or medium+
Weight	Middle or top	Feather or light	Middle or top	Feather or light

Guide to the footwear feature filters on our website:

- Sole stiffness: categorized into low, moderate, and high levels of stiffness.
- Shoe height: categorized into below the ankle, at the ankle, above the ankle, and lower leg for various support levels.
- Counter support: classified into four levels, Medium, Medium+, High and High+ for increasing support and stability levels.
- Weight: categorized into featherweight, lightweight, middleweight, and topweight.

Additional features to keep in mind:

- Choose shoes with a protective material on the toe box to prevent damage from toe dragging, or think about adding a protective material like Tuff Toe.
- Opt for shoes with a toe rocker to reduce the risk of catching the toes if prone to tripping.
- Select shoes with a heel higher than the toes if the calf length is shorter.
- Incorporate arch support for weak, collapsed, or flat midfeet, or go for a flat structure if the user wears foot orthotics or thin-walled SMO's.
- Consider the user's ability to manage the fastening mechanism and the convenience of putting on or removing the shoes.