



## Changing Shoes & Your New Prosthesis

Your prosthetic foot was chosen with your functional capabilities in mind. Traditionally prosthetic feet come in several fixed heel heights, 3/8" (10mm), 3/4" (18mm) and patient adjustable heel height from a flat, no heel to a 2" ( 50 mm) high heel or boot.

### A. **Common Shoes and heel heights:**

1. Most men's dress shoes have a 3/4" heel height or 18 millimeters
2. Most "Tennis" shoes have a lower 3/8" heel height or 10 millimeters

### B. **Changing Shoes**

While changing shoes are apart of our everyday routine, making sure your prosthesis is in the correct orientation within your shoe is very important.

A shoe with a heel height that is **TOO HIGH** may cause:

- a.** your knee /or the prosthetic knee to bend or flex too soon, resulting in a fall.
- b.** You may feel like you are falling forward,
- c.** You may feel like your foot is "short", too soft

A shoe with a heel height that is **TOO LOW** may cause:

- a.** Your knee /or the prosthetic knee to bend backwards or flex too late, resulting in a sensation of "walking up a ramp or hill all the time"
- b.** You may feel like you are "stepping in a hole"
- c.** You may have difficulty "getting the prosthetic knee to bend"