

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

Follow this guide to help choose appropriate footwear features suitable for specific diagnoses. 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.

Well & Able Filter	Toe Walking & Sensory Processing Issues	Low Muscle Tone/ Hypermobility	High Muscle Tone	First Steps
Support Zone	High Ankle	Mid Ankle or High Ankle	High Ankle or Extended Lower Leg	High Ankle
Heel/Ankle Support	Advanced or Maximum	Foundation or Intermediate	Advanced or Maximum	Foundation or Intermediate
Sole Flexibility	Midrange or Firm	Flexible or Midrange	Midrange or Firm	Flexible or Midrange
Weight Class	Midweight or Heavyweight	Featherweight or Lightweight	Midweight or Heavyweight	Featherweight or Lightweight

Guide to the footwear feature filters on our website:

- **Sole Flexibility:** categorized into Flexible, Midrange, and Firm levels of stiffness.
- **Support Zone:** categorized into Low Foot, Mid Ankle, High Ankle, and Extended Lower Leg for various support levels.
- **Heel/Ankle support:** classified into four levels, Foundation Support, Intermediate, Advanced and Maximum for increasing support and stability levels.
- **Weight Class:** categorized into featherweight, lightweight, middleweight, and heavyweight.

Additional features to consider:

- **Toe Protection:** Choose shoes with protective material on the toe box to prevent damage from toe dragging, or consider adding protective material like Tuff Toe.
- **Toe Rocker:** Opt for shoes with a toe rocker to reduce the risk of catching the toes if prone to tripping.
- **Heel-to-Toe Drop:** Select shoes with a higher heel than toes if the calf length is shorter.
- **Arch Support:** Incorporate arch support for weak, collapsed, or flat midfoot, or choose a flat structure if the user wears foot orthotics or thin-walled SMOs.
- **Fastening Mechanism:** Consider the user's ability to manage the fastening mechanism and the convenience of putting on or removing the shoes.