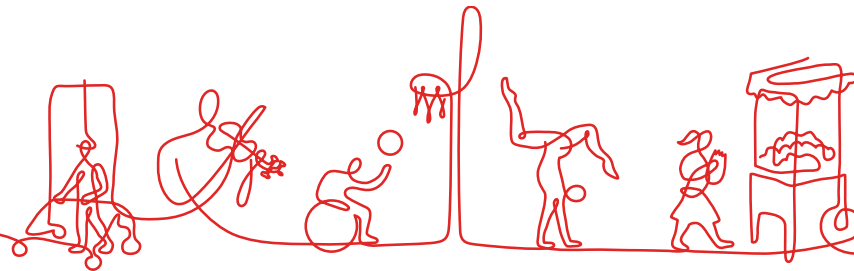


# If the Shoe Fits: Mastering Orthotics from Skin Protection to Style

February 2026

SBANT Family Education Conference

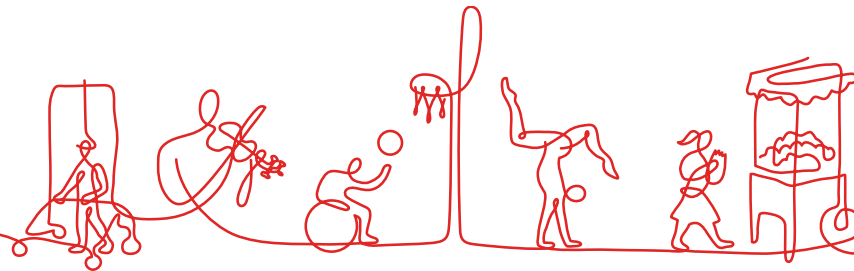
## SCOTTISH RITE



# AFO's and your skin

Know when to go!

## SCOTTISH RITE



# Skin Health- Prevention

- Use a pH-balanced cleanser to wash your skin/feet (Dove, CeraVe, Dr. Bronner's castile bar, Aveeno, Cetaphil)
- Dry the skin well, especially between toes, after showers/baths
- Apply a cream or ointment to moisturize your skin, avoiding the area between the toes
- Use clean, dry socks daily that come up over the top of the AFO
- Ensure there are no wrinkles/bunches in socks; seamless socks are preferred
- Use antiperspirant on the feet if you sweat a lot



# Signs there's a problem

- Itching
- Dry cracked skin
- Callus
- Maceration
- Rash
- Ingrown toenail
- Redness
- Wound



# What do I do?



## • Fungus-

- Topical ointment or powder
- Tinactin/Tolnaftate
  - Apply twice daily for 2-6 weeks
- Lotrimin/Clotrimazole cream 1%
  - Apply twice daily for 2-4 weeks
- Lamisil/Terbinafine hydrochloride cream 1%
  - Apply daily for 7 days
- Miconazole Nitrate 2%
  - Apply twice daily for 4 weeks
- Keep feet dry, use talcum powder or corn starch
- Avoid sharing towels, shoes, or socks with others to prevent spreading infection
- If there is no improvement with treatment within 4 weeks, seek medical care
- OTC meds not for children under 2 years old
- Silver socks

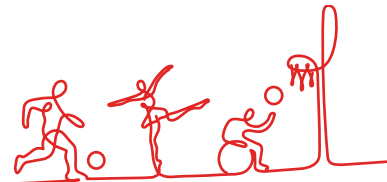


# What do I do?



- **Dry cracking skin/Callus**

- Moisturize twice daily with urea-based cream, thick emollients, or hydrating creams
- Exfoliate daily with a pumice stone or foot file. Gently remove the top dry layers in a circular motion
- Medicated OTC patches
- Wear appropriate footwear. Shoes that prevent friction and pressure on the feet
- Seek care for custom orthotics
- Get AFO's adjusted to reduce pressure/friction



# What do I do?



- **Maceration-**
  - Apply aluminum chloride/astringent gel (antiperspirant) daily
  - Place cotton gauze between the toes
  - Avoid soaking feet, dry well after showers
  - Wear shoes that allow airflow during the day, and air-dry the skin at night
  - Apply barrier cream daily- this can help protect the feet from moisture
    - Zinc oxide creams
    - Petroleum jelly



# What do I do?



- **Rash-**
  - For minor skin irritations:
    - Topical antihistamine
    - Benadryl cream
    - Hydrocortisone cream 1%
  - If the rash worsens or is severe
  - Does not improve with OTC treatment
  - Is spreading
  - Associated fever or other symptoms
  - Unknown cause of rash
    - **Consult a healthcare provider for assistance in diagnosis and treatment**



# What do I do?



- **Ingrown Toenail-**

- Epsom salt soaks daily
- Wear wide-toe footwear
- Cleanse the area and apply ointment (petroleum, or antibiotic) and bandage daily
- The healthcare provider may lift the nail edge and place cotton, dental floss, or a splint under it. Usually in 2 to 12 weeks. They may prescribe a corticosteroid cream to apply after soaking daily at home and replacing the splint.
  - Another approach, which minimizes the need for daily replacement, uses cotton coated with a solution that fixes it in place and makes it waterproof (collodion).
- Taping the nail by pulling the skin away from the ingrown nail with tape.
- Placing a gutter splint under the nail. A healthcare provider numbs the toe and slips a tiny slit tube under the embedded nail. This splint stays in place until the nail has grown above the skin edge.
- Partially removing the nail. For a more severe ingrown toenail (inflamed skin, pain, and pus), your health care provider may numb the toe and trim or remove the ingrown portion of the nail. It could take 2 to 4 months for your toenail to grow back.
- Removing the nail and tissue. If you have the problem repeatedly on the same toe, your health care provider may suggest removing a portion of the nail along with the underlying tissue (nail bed). This procedure may prevent that part of the nail from growing back. Your health care provider will numb the toe and use a chemical, a laser, or other methods.



# What do I do?



- **Redness-**

- Usually a sign of pressure if over a high-risk area (heel, ankle, top of toes, ball of foot, sides of feet where skin contacts shoes/braces, bony prominences)
- Check for blanching
- Relieve pressure, friction, and moisture immediately and monitor the area
- Seek medical care if it does not resolve within 3 days or if the area forms a blister



# What do I do?



## • Wounds-

- Keep the area clean and covered with a non-adherent bandage and petroleum-based ointment if the skin is broken
- Apply a hydrocolloid bandage if there is low drainage, blistered skin, or discoloration (red/purple)
- Get AFO's adjusted and/or different footwear
- Seek medical care if the area does not improve within 7 days, gets worse, or shows signs of infection
  - Redness extending from the wound, foul odor, purulent drainage/pus, painful, swelling or hardness, fevers, hot to the touch









SCOTTISH RITE

FOR CHILDREN



# Stages of Pressure Wounds

- [Pressure Injury \(PI\) Staging Guide](#)

Stage 1	Stage 2	Stage 3	Stage 4	Unstageable	Deep Tissue Injury
					
					

# Common AFO Questions?

- How often to wear
  - This will
- How often to check skin
- Break in schedule
- When to contact Orthotics

# The Shoe Showcase!

Tips for buying shoes:

- Most braces will require you to size up 1 size.
- Athletic shoes with laces allow for more adjustability.
- If able, choose “Wide”.
- Remove the insole.
- Cut the shoe tongue longer.



Billy Footwear



Nike Go FlyEase



Piedro Children  
Orthopedic Sneaker



# The Shoe Showcase



Saucony



Stride Rite



Ikiki



See Kai Run



Plae



Mt. Emey Children  
Orthopedic Shoes



Cat & Jack Shoes at Target

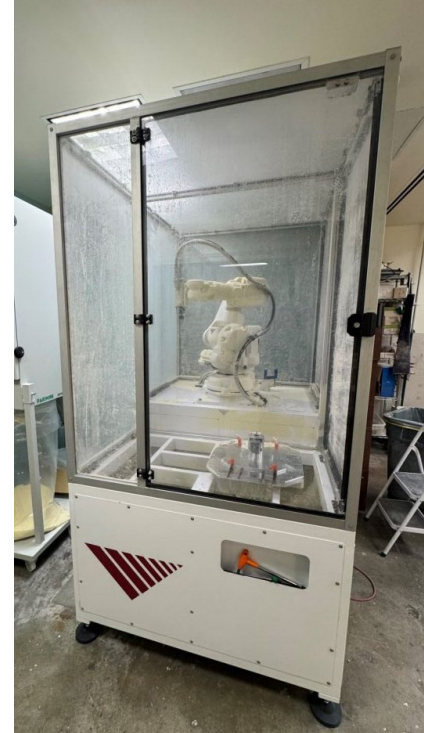
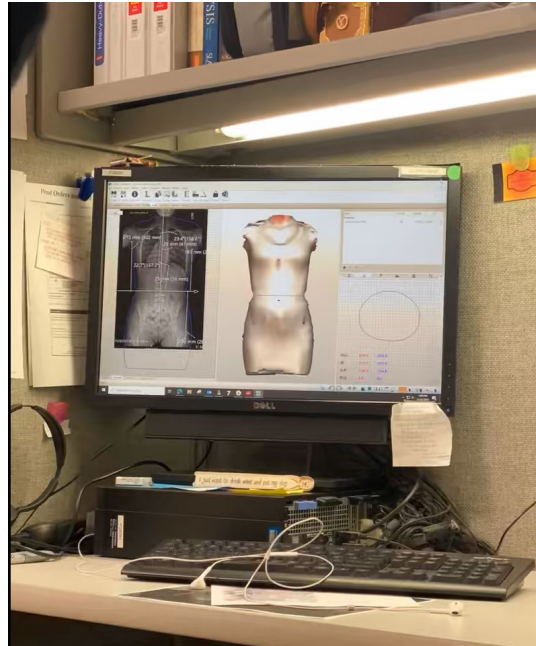


# The Shoe Showcase

- A full-service shoe store can help you fit your child with their shoes.
  - Stride Rite
  - New Balance
  - Running Stores: Luke's Locker, Run On, Fleet Feet
- Mismatched Shoes
  - If your child's feet differ by at least 2 shoe sizes, they may need mismatched shoes, the following companies sell single or mismatched shoes
    - Zappos.com
    - Nordstrom
    - Odd Shoe Finder
- Kid's grow Quick! You can always look at shoes at your local stores, and many tennis shoes will work!
  - Walmart
  - Target
  - Nordstrom Rack
  - DSW



# Future Technology in Orthotics and Prosthetics



**Thank You**

**SCOTTISH RITE**

