

Appendix 1: FOOTWEAR ASSESSMENT TOOL

1. FIT

Foot length

Thumb width

Fit of shoe (length) – rule of thumb (wearer's thumb)

Palpation:

good ☐

too short (< ½ thumb) ☐

too long (> 1 ½) ☐

Straw =

good ☐

too short (< ½ thumb) ☐

too long (> 1 ½) ☐

Fit of shoe (width) – grasp test

good ☐

too narrow ☐

too wide ☐

Fit of shoe (depth)

good ☐

too shallow ☐

2. GENERAL

Age of shoe

0 – 6 months ☐

6 – 12 months ☐

> 12 months ☐

Footwear style

walking shoe ☐

athletic shoe ☐

oxford shoe ☐

moccasin ☐

boot ☐

ugg-boot ☐

high heel ☐

Thong/flip-flop ☐

slipper ☐

backless slipper ☐

court shoe ☐

mule ☐

sandal ☐

surgical/bespoke ☐

other (specify)

Materials (upper)

leather ☐

synthetic ☐

mesh ☐

other

Materials (outsole)

rubber ☐

plastic ☐

leather ☐

other

Weight

Length

Weight/length

3. GENERAL STRUCTURE

Heel height =

0 – 2.5 cm ☐

2.6 – 5.0 cm ☐

> 5.0 cm ☐

Forefoot height (measured at point of the 1st and MTPJs) =

0 – 0.9 cm ☐

1.0 – 2.0 cm ☐

> 2.0 cm ☐

Longitudinal profile (heel – forefoot difference) =

flat (0 – 0.9 cm) ☐

small heel rise (1 – 3 cm) ☐

large heel rise (> 3 cm) ☐

Last (centre goniometer at 50% shoe length) =

straight (< 5°) ☐

semi-curved (5 – 15°) ☐

curved (> 15°) ☐

Fixation of upper to sole

board ☐

combination ☐

slip-lasted ☐

Forefoot sole flexion point

at level of MTPJs ☐

proximal to 1st MTPJ ☐

distal to 1st MTPJ ☐

4. MOTION CONTROL PROPERTIES

Density single ☐ dual ☐

Fixation none ☐ laces ☐ straps/buckles ☐ Velcro ☐ zips ☐
Number of eyelets ☐

Heel counter stiffness (20mm above bottom or upper)

no heel counter ☐ minimal ($> 45^\circ$) ☐ moderate ($< 45^\circ$) ☐ rigid (0-10°) ☐

Midfoot sole sagittal stability

minimal ($> 45^\circ$) ☐ moderate ($< 45^\circ$) ☐ rigid (0-10°) ☐

Midfoot sole frontal stability (torsional)

minimal ($> 45^\circ$) ☐ moderate ($< 45^\circ$) ☐ rigid (0-10°) ☐

5. CUSHIONING

Presence none ☐ heel ☐ heel/forefoot ☐

Lateral Midsole hardness

Durometer readings

soft	<input type="text"/>	firm	<input type="text"/>	hard	<input type="text"/>	mean	<input type="text"/>
1 st	<input type="text"/>	2 nd	<input type="text"/>	3 rd	<input type="text"/>		

Medial Midsole hardness

Durometer readings

soft	<input type="text"/>	firm	<input type="text"/>	hard	<input type="text"/>	mean	<input type="text"/>
1 st	<input type="text"/>	2 nd	<input type="text"/>	3 rd	<input type="text"/>		

Heel sole hardness (centre of inside heel shoe interface)

Durometer readings

soft	<input type="text"/>	firm	<input type="text"/>	hard	<input type="text"/>	mean	<input type="text"/>
1 st	<input type="text"/>	2 nd	<input type="text"/>	3 rd	<input type="text"/>		

6. WEAR PATTERNS

Upper medial tilt ($> 10^\circ$) ☐ neutral ☐ lateral tilt ($> 10^\circ$) ☐

Midsole medial compression signs ☐ neutral ☐ lateral compression signs ☐

Tread pattern **A** textured ☐ smooth (i.e. no pattern) ☐
B not worn ☐ partly worn ☐ fully worn ☐

Outsole wear pattern none ☐ normal ☐ lateral ☐ medial ☐

