Podiatric Shoe

You have been given a podiatric or cast shoe. These rigid shoes are used to help you walk with a cast or treat minor foot sprains and fractures. By providing a stiff platform, these shoes reduce the amount of movement in the joints of the foot which makes walking less painful. As long as your injury is significantly painful, you should use crutches to get around and avoid weight bearing. When your doctor says it is safe to put weight on your injured leg or foot, you can begin to use your podiatric shoe. Make sure it is adjusted correctly; most of these shoes have velcro straps which makes this easy. **You should avoid using any other footwear until your doctor says it is safe.**

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