

FOOTWEAR

Wearing appropriate footwear is important because shoes can make a dramatic impact on what an individual is able to do. They provide a foundation for posture. Upright stability is important because it affects balance and walking ability. There are certain features to look for in a shoe that can help to maintain balance and decrease the risk of falling. As shoes can wear down very easily in people with HD, it is therefore important to recommend regular checking of footwear and purchasing new shoes as needed. The following is a list of what to look for when choosing footwear to promote safety and function:

- firm, flat heel
- bendable forefoot
- velcro shoelaces for ease of application
- wide heel base for increased stability
- firm heel counter that keeps the heel supported and prevents oversupinating/overpronating
- avoid thick soles
- avoid thick toe grips (thick toe grips and soles can catch and lead to falls)
- high top sneakers/shoes recommended for ankle support
- avoid flip-flops and high heel shoes

The following footwear meet the recommended criteria:



ORTHOTICS

Although orthotics are not often prescribed for people with HD, they may be beneficial.

Arch supports and orthotics worn inside of a shoe that position the foot in subtalar neutral may improve ankle motion and lower limb stability.

If ankle dystonia is a problem, a heel wedge and/or lateral wedge may improve ankle movement in the inversion/eversion direction and an ankle foot orthosis (AFO) may improve movement in the dorsiflexion/plantarflexion direction.

A custom made shoe inlay may also be helpful for individuals with clawing of toes during walking.

Lateral wedge to
prevent excessive
supination



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