

Term	Definition	Image
Offloading	Offloading is the technique to move pressure away from a place on the body. Often it is used to move pressure away from at risk places, such as a foot wound.	
Rigid removable boot	A removable product or boot with added features for protection and support. The aim is to reduce pressure on high risk areas of the feet while walking.	
Suitable shoes	Shoes that can be locally bought, fit well and have features that can help protect feet and reduce the risk of falling.	
Therapeutic footwear	Therapeutic footwear are shoes and insoles for people who can walk, but still need to protect their feet from pressure and rubbing.	
Foot orthosis	A foot orthosis is a specially designed shoe insert. They are used to support the foot, reduce pain or control movement.	

Parts of shoe	Description
Insole	Material placed inside shoes for support.
Sole	The base on the bottom of a shoe.
Forefoot rocker	Base of a shoe that has a rounded shape. The rounded shape assists walking and reduces pressure on the base of the foot.
Seam	A line where two pieces of fabric are sewn together.
Toe space	Front of footwear which surrounds the toes on a closed shoe.
Upper	The top part of a shoe which can be made of a variety of materials.

