

GOT CROC'S?

Difficult shoe issues was addressed at the Family Conference by Chris Gracey, MPT, CPed., Rehabilitation Medicine Department, NIH Clinical Center.

The procedure goes like this:

Purchase a heat gun from a hardware store like Home Depot. You start by putting something like a jar or some round large object that can take heat in the crocs and heat with the heat gun to stretch, when you get them big enough to put your foot in, you put on several layers of socks and then apply the heat, being very careful. They get real hot. Or you can use some other rounded object to put in the crocs and gradually stretch to make them the size you want.

This will allow special fitting of the shoe to the foot.



From the Proteus Syndrome Foundation newsletter - thank you!