

# Information about your insole or foot orthosis

**Podiatry Department** 

Patient Information Leaflet

### What are orthoses/insoles?

Orthoses are commonly known as insoles. Orthoses work to support the joints in the foot by reducing tissue stresses that may be causing discomfort. It is sometimes advised to use orthoses in conjunction with a stretch or strengthening regime as they may be part of a combined treatment therapy.

# Why have I been issued with orthoses?

The device that has been issued to you has been prescribed by your podiatrist with the of intention reducing pain or discomfort. They have been issued to you based on the findings of your assessment.

## How do I use my orthoses?

They are to be used in your suitable footwear and closed slippers. They should be transferred across to the different shoes you wear. After the initial wearing in process (see later in the leaflet) they should be worn as much as possible in your footwear. If they are only used occasionally, they will not provide a benefit.

## Orthoses and footwear

Orthoses cannot be used in all types of footwear.

They should be used in conjunction with footwear that is wide and deep enough to accommodate your foot along with the insole.

There should be a lace or velcro fastening.

Ideally the shoe will have a removable insole that can be replaced with your new device.

It is advised not to wear them in unsuitable shoes, e.g. slip-on shoes.

# **Wearing instructions**

When issued with your orthoses you must allow a period of time for your body to get used to the new devices. If you do not allow a "gradual wear" period it could cause extra strain on your body resulting in pain and discontinuation of use.

Suggested "wearing in" guide:

Day 1—Wear for up to 1 hour

Day 2—Wear for up to 2 hours

Day 3—Wear for up to 3 hours

Day 4—Wear for up to 4 hours

Day 5—Wear as much as possible

If the pain increases, discomfort arises, or new pain appears it is advised not to continue with the use of the orthoses for a few days. Try the device again and hopefully any discomfort will not return or will be less intense. Repeat the process until the discomfort is removed. If this does

not reduce the pain, keep the orthoses and feedback to the podiatrist at your next review so that amendments can be considered. Do not wear them if your pain has increased.

## **Cleaning instructions**

**Specific Advice** 

If you need to, wipe clean the devices with a damp cloth. Do not submerge the orthoses in water.

## How long do the orthoses last?

The orthoses should last for at least one year. Most should last up to 2-3 years. Orthoses are not replaced due to age, but will need to be reviewed if pain or discomfort returns or they are no longer functional. In which case, a new referral will be needed from your GP or health professional.

### Will I receive additional orthoses?

You will only be provided with one device which is transferable from shoe to shoe. Once your episode of care has ended, you will be discharged from the podiatry service. If you feel that you require another assessment, you will need a new referral for further treatment.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

## **Podiatry Department**

Call **01384 321427** (9am-5pm, Monday to Friday) or e-mail dgft.podiatry.appointments@nhs.net

## This leaflet can be downloaded or printed from:

http://dgft.nhs.uk/services-and-wards/

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosura poate fi pusa la dispozitie tiparita cu caractere mari, versiune audio sau in alte limbi, pentru acest lucru va rugam sunati la 0800 073 0510.

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Originator: Hannah Dodd .Date originated: Sep 2024 . Review date: June 2027. Version: 1. DGH ref. DGH/PIL/02217: