

# 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



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](mailto: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](mailto: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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Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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