

# Podiatry Services

## Patient Information Sheet



# Wearing Your Orthoses (Insoles)

(V1.2 August 2021)

You have been supplied with orthoses that have been prescribed specifically for your needs based on the results of the examination performed by your Podiatrist. It is a medical device, and therefore the orthoses must not be worn by anyone else

Please bring your orthoses to every podiatry appointment. There is an element of trial and error with use of foot orthoses; modifications can be made to improve their effect, comfort, or fit as required

The orthoses are designed to fit into any shoe of similar design to those recommended by your Podiatrist. We recommend enclosed footwear with an adjustable fastening, and a removable insole. Orthoses are only as good as the shoes you use them in, so for the best outcome, please follow any advice given. Hosiery or socks are recommended but not essential. **You can move the insoles between suitable footwear.**

Gradually increase your orthotic usage time. If your orthoses cause pain/soreness before the scheduled period, remove them, and try them again the next day. It is normal to experience some aching/soreness in your legs or arches of your feet, however, if it does not start to improve after a few days then please contact us for advice

- ⇒ **Day 1- use your orthoses for up to 1 hour if comfortable**
- ⇒ **Day 2- use your orthoses for up to two hours**
- ⇒ **Continue to add 1 hour each day providing the orthoses are comfortable**
- ⇒ After 2-3 weeks, you will probably be using your orthoses for most of the day. At this point you are ready to start slowly breaking them into any sport/exercise or long-distance walking
- ⇒ If using for sport/exercise, first try using them when warming up. Gradually increase the orthotic use every time you exercise until you are comfortable to use them for the full period

**Important:** After using the orthoses for the first time, check that there are no rubbing/pressure marks on your feet. Any marks that disappear after 20 minutes are acceptable. This should then be checked after each use during the wearing-in process. If this worsens then cease using the orthoses and contact your podiatrist

It is important that you increase your orthotic usage time whilst walking about doing the usual everyday things in your routine. One tip is to use them around the home to begin with

**Once you are comfortable using the orthoses, then it is recommended to use them as much as possible for your weight-bearing activities, even if these activities are mostly around your home. We suggest finding a pair of shoes acceptable for use around the home that feel supportive and comfortable with your orthoses.**

Orthotic devices are used to help reduce your symptoms. Once symptoms subside, most people do not need to continue using them; your podiatrist will advise you on this

**If you have any questions about the information in this leaflet, please contact Podiatry Services.**

## Contact Details

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