



Orthotic Department

Insoles (Foot Orthoses)

Reason for wearing the insoles/foot orthoses

The insoles (foot orthoses) have been supplied to you to correct the alignment of your foot which is causing pain. This correction may be to prevent injury or to reduce pressure and protect your foot.

What will happen at the assessment appointment?

The assessment will include muscle strength, range of movement at important joints and angular relationships of the segments of the foot. It will involve a non-weight-bearing (sitting/lying), weight-bearing (standing) assessment and analysis of walking. Once it has been decided what type of foot orthoses you require, the Orthotist will either ask for your foot size or take a drawing or a foam/plaster cast of your feet. The insoles may be supplied on the same day, may need to be ordered and collected at a later date or supplied at a fitting appointment. **Please bring well-fitting, sensible lace or Velcro fastening shoes or trainers with you to the assessment appointment.**

What will happen at the fitting appointment?

The insoles will be tried with you standing on them and in your footwear with you walking to check they are comfortable and they fit correctly.

Please bring well-fitting, sensible lace or Velcro fastening shoes or trainers with you to the appointment so that the insoles can be tried with you walking. Guidance can be given for suitable shoes by your Orthotist.

The insole will take up space within the shoe, so for this reason they are not suitable to be worn in slip-on or court style shoes. They will fit into shoes with a lace, Velcro or buckle fastening, or trainers which are deep enough to contain the insole without causing your heel to slip. Ideally the shoe will have a removable insole which can be taken out to give space for your orthoses. Your Orthotist will be able to advise you on suitable shoes.

When to wear you insoles/orthoses

You will need to 'break in' your orthoses initially. Wear your orthoses for 30 minutes on the first day, then 60 minutes on the second day, increasing the wear by up to 30 minutes each day until you have built up to wearing the foot orthoses all day. It is normal to feel some strain or aching in your feet, knees, hips or lower back. If this becomes too painful, remove the insoles until the pain gets better and then try your orthoses again beginning the 'break in' regime again from the beginning.

After a few weeks you should be wearing your insoles for most of the day, when you are on your feet for prolonged periods or doing any significant amount of walking. We recommend that insoles should be worn for a **minimum** of 7 hours per day, 7 days per week. If you are intending to wear your insoles during sporting activity, you should build up tolerance in walking before any sports are tried. If you have any prolonged increase in pain, persistent pressure marks (which remain after 20 minutes of removing the insoles), rubs or other concerns, the insoles should be removed and please contact the department for a review.

Care of the insoles/orthoses

They should be cleaned by wiping them down with a damp sponge with gentle soap and dried naturally. They should not be fully submerged in water or put on a direct heat source such as a radiator to dry. It is best to remove your insole from footwear overnight to air.

Reviews, refurbishments and replacements

Your Orthotist may arrange a review appointment after getting your insoles so they can be checked. Please bring your orthotics to any review appointment. Your Orthotist will specify on this leaflet when you are entitled to have the insoles replaced or refurbished. Please contact the Orthotic Department to arrange for this to be ordered.

Specific Instructions for the replacement or refurbishment of your insole/orthoses:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email

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