



A Patient's guide to

# Foot Orthosis

You have been prescribed insoles as a treatment for your foot condition. Sometimes insoles are also provided for knee pain. This guide is to make sure you obtain the very best use of the insoles and to ensure you know how to look after them.

The insoles may change the way you walk so you will need time to get used to them. When you first receive your insoles gradually increase the time you wear them aiming towards all day use within 2-3 weeks.

If you do find the insoles very uncomfortable at the end of the trial period consider stopping wearing them and discuss the issues with your Orthotist at a review consultation.

It is essential you choose footwear that allows a comfortable fit when the insoles are in the shoes. Some shoes do have removable insoles that can be taken out and replaced with your orthotic insoles. Try to take your insoles with you when purchasing new shoes.



It may be that you need to have slightly larger or wider style of shoes so that you obtain a good fit. Fashion shoes are usually unsuitable for you insoles. Your insoles are designed to work for the majority of the day when you are busy. Keep your fashion shoes for the occasions when appearance is more important than comfort.

The best style of shoe is a low heeled shoe with either lacing or Velcro fastening. A broad heel with a reasonably thick sole and soft leather upper will improve your comfort.

## Care of your Orthosis

Remove your insoles from the shoes at least once a week; brush off and debris and inspect for wear.

Do not put your insoles into the washing machine. The top surface can be wiped but do not get it too wet. A baby wipe can be useful for this.

## RNOH Standard Provision Policy

We will endeavour to help you achieve the prescribed wearing plan. In order to safeguard against periods of refurbishment or unexpected damage to your insoles we may supply you with spare pair.

Most insoles will last for several years although the top surface can become worn more rapidly. If this occurs and it is reducing the effectiveness of your insoles, you are welcome to drop them off at the orthotics department for refurbishment. This can be done without a clinical consultation.

## Please routinely observe the following advice and precautions:

### Do

- Take a moment to inspect the orthosis before each use – check for sharp edges, loose components or foreign objects on/inside the shoes which could injure you
- Inspect the skin visually before and after every use, using a mirror if necessary. If you have problems carrying this out due to poor eyesight or mobility ask someone to help you
- Wear socks with your shoes and insoles
- Observe good skin care and hygiene measures.

### Do not

- Pad your orthosis out yourself as this may actually increase pressure problems
- Heat, glue, bend or otherwise attempt alteration or repairs
- Use strong solvents to clean the orthosis
- Use a heat source to dry the orthosis e.g. radiator or hair dryer as this could damage the device
- Artificially try to harden your skin e.g. by applying alcohol to the skin.

## Supported Discharge

Once you have received the prescribed insoles and we have reviewed your progress we will likely place you on "Supported Discharge". In brief, this is when we will continue to refurbish your insoles but you will require a new referral to be seen by an Orthotist. Please ask for further information on this process or use the QR code below to access the online document.



## Contact

Orthotist: .....

Orthotics Department  
Royal National Orthopaedic Hospital  
Stanmore  
Middlesex  
HA7 4LP

**Tel:** 0208 909 5405

# Notes

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If you have any comments about this leaflet or would like it translated into another language/large print, please contact the Clinical Governance Department on 020 8909 5439/5717.

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