

# Review Procedure

Please follow the review advice given to you by the orthotist.

If you require an appointment before this time, please contact the orthotic department.

**Orthotic Department Tel:** \_\_\_\_\_

## A Guide to Your Insoles



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## Insoles

You have been supplied with insoles from the Orthotic department. Insoles are supports that are worn inside your footwear to support and position your feet.

## Why are they prescribed?

Insoles are prescribed for a number of reasons:

- To realign and control the foot joints.
- To provide support to weakened joints or muscles.
- To stop or limit abnormal motion.
- To provide protection.
- To relieve pain or discomfort.
- Improve foot alignment during gait.

## How long should I wear my insoles?

It is best to wear insoles gradually for the first week. This will get you used to wearing them and any discomfort felt should disappear. However if you experience pain or discomfort caused by the insoles, stop wearing them and contact the orthotic department.

Each time you take off your shoes check your feet for:

- Blisters.
- Swelling.
- Cuts.
- Warmth/Redness.

## How long should they be worn?

At first, the insoles may feel uncomfortable so you should gradually wear them in using the following schedule:

Day 1: 30-60 minutes

Day 3: 3-7 hours

Day 2: 1-3 hours

Day 4: 7+ hours

Your orthotist will tell you how long you should build up to, or what activities to wear them for.

## Do I need to buy special shoes?

Your insoles are designed to be worn with ordinary footwear.

- Take your insoles with you when you buy shoes.
- Occasionally you may need to go up  $\frac{1}{2}$  or 1 size to accommodate your insoles.
- Look for footwear with laces that reach down as far to the toes as possible.
- Look for shoes that are deep and have adequate width.
- Sometimes shoes have removable insoles which can be taken out to create more depth for orthotic insoles.

## What else do I need to know?

Remove insoles from your shoes regularly and check for wear and tear. E.g. tears, splits and creasing. If they are damaged please contact the Orthotic department .

## How do I care for my insoles?

Wipe the top of your insoles with a damp cloth regularly – do not soak or put them in the washing machine.

If insoles become wet, dry in a well ventilated area at room temperature. Do not put on a radiator, near a fire, in a tumble dryer or in an airing cupboard.

## What happens next?

You may need a review appointment and you will be told this when you are given the insoles. If you have any problems with your insoles contact your orthotist.

## **DO NOT TRY TO ADJUST THE INSOLES YOURSELF.**

The insoles supplied are considered the most appropriate for your condition. You may discuss alternative orthoses with the orthotist.