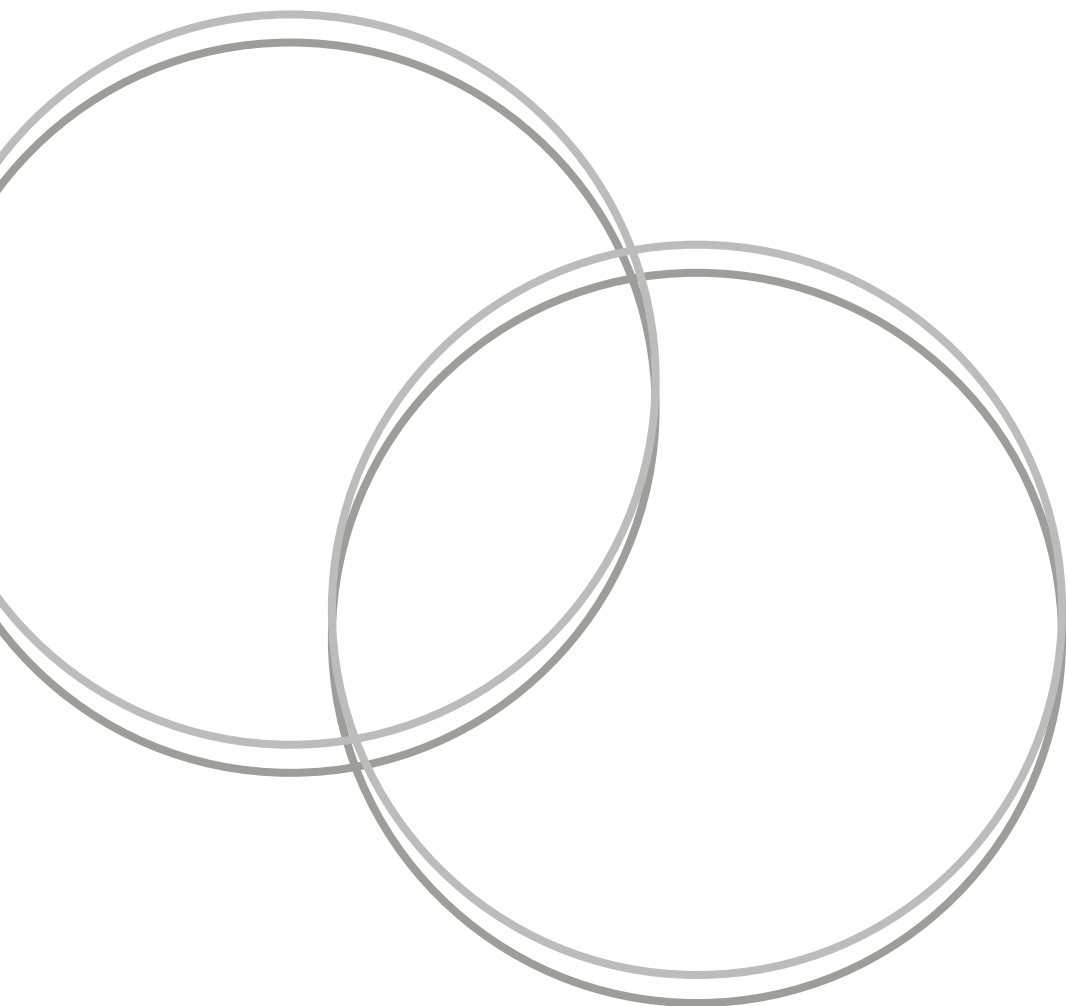




Oxford University Hospitals
NHS Foundation Trust

Insole

Information for patients



Functional Foot Orthoses (or insoles) are devices used to alter the biomechanics of the body. They are used to off load soft tissue or bony structures to improve pain, gait and the function of the foot and ankle.

There are many types of insoles, so your Orthotist will do a full assessment and prescribe an insole based on your individual needs. Depending on the presenting issue, insoles may not need to be used long term.

Some insoles may be provided on the day, but others may have to be ordered in or manufactured. If you have been prescribed a manufactured insole, your Orthotist may need to take an impression, cast or scan of your foot at the assessment appointment.

Insoles work in combination with appropriate footwear.

This includes footwear which has:

- A good fastening (laces or Velcro).
- A supportive sole which does not twist/flex excessively and a stiff heel counter.
- The footwear should be deep enough to accommodate the insole and if possible, have a removable inlay which will allow space for your orthotic insole.

Slip on shoes or shoes with a heel height over 30mm are generally not suitable, but your orthotist can offer individual advice.

Your body needs to adapt to wearing insoles, so a weaning in schedule should be used (see below). Common side effects of wearing insoles may include initially feeling a lump in the arch of the foot, aching of the feet, legs, upper thighs or lower back (should not be significant) and a feeling of walking on the outside of your foot. If this increases to pain rather than discomfort then stop wearing the insoles and make a review appointment with your Orthotist as the insoles may require some adjustment.

Do not wear your insoles for sport until you have completed the weaning process.

Day 1	30 to 60 minutes
Day 2	60 minutes to 2 hours
Day 3	4 hours
Day 4	6 hours
Day 5	8 hours
Day 6	Full time wear

Your Orthotist will advise you if you need to have a different weaning regime to the above and discuss whether your insoles will be for long-term or short-term use. They will advise as to whether a follow up 'review' appointment is required after the fitting.

If insoles are required long term, they usually last for 18 months although different materials may have differing lifespans. We provide one pair of insoles in good working order; however, the Orthotist may consider exceptional circumstances to provide another pair. Once the insoles become worn or if your symptoms return, please call the department to have them reviewed or replaced. If you require additional insoles, these may be purchased from the department. Please contact the Orthotics Department for a quote.

Insoles should routinely be removed from your shoes to avoid them becoming damp. To clean your insoles, wipe them with a damp soapy cloth or antibacterial wipe and let air dry.

Your Orthotist or Physiotherapist may advise you on exercises or stretches which will work alongside your insole prescription. If certain activities cause pain, you may need to alter your activity.

Please remember to bring your insoles to any follow-up appointments.

Your Orthotist is

Contact details

Orthotics Department

Tebbit Centre
Nuffield Orthopaedic Centre
Windmill Road
Oxford
OX3 7HE

Call us using the following telephone numbers:

01865 227 570

01865 227 575

01865 227 707

01865 227 760

01865 227 604

Telephones will be answered from 8.30am to 3.00pm.

E-mail: orthotics.department@ouh.nhs.uk

Website: www.ouh.nhs.uk/orthotics

Notes

Notes

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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