

Replacing your Insoles

- If your Orthotist has given you the plaster casts of your feet it is important that you keep these safely as they are used to make replacements.
- Rigid plastic insoles last a minimum of two years. If any covers or pads on them need to be replaced before this time, please contact the Orthotics Department to arrange this.
- More flexible foam insoles can last many years however might start to lose their support after a year. However if your symptoms return, please inspect your insoles for wear and contact if replacements are required.
- Children's insoles can last up to 2 shoe sizes.

If you would like this information in a different language please contact the Trust's Patient Advice and Liaison Service (PALS) on 01865 738126

Contact Details

Department of Orthotics
Nuffield Orthopaedic Centre
Windmill Road
Headington
Oxford
OX3 7HE

Phone: 01865 227570
Horton clinic: 01865 227707
West Berks Clinic: 01865 227760
www.ouh.nhs.uk

Department of Orthotics



Use and care of your insoles

Your Orthotist is.....

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અમારા બધા પ્રકાશન આ ભાષામાં ઉપલબ્ધ થઈ શકે છે	Gujarati
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ہماری تمام اشاعت اس زبان میں حاصل کی جاسکتی ہیں۔	Urdu

What are Foot Orthoses?

Functional foot orthoses (or insoles) are inserts that you put in your shoes to improve the alignment of your feet. They can also influence the alignment of your knees, hips and lower back and so can be used to treat foot, knee, hip or back pain. If you have been recommended any other form of treatment, for example, physiotherapy, then it is important that you continue with both.

Footwear

Your insoles should be worn inside shoes with a strong, supportive base in order to be most effective. Any shoes with a heel higher than 3 cm are generally unsuitable for use with your insoles, as are most types of slip-on and court shoes as they will either end up too tight or slip off when walking. Removing the original inlay from inside your shoes will create extra space for your insoles. Generally, trainers or other shoes with a fastening (laces or Velcro) are the best for accommodating orthoses. This may require a change in your chosen style of footwear, but this is necessary if the insoles are to be effective.

Getting used to your new Insoles

- It is important that you get used to wearing your insoles slowly over the first few weeks.
- Wear them for only one hour the first day, two hours the second and continue to increase this wear time by one hour per day until you find them comfortable enough to wear all day.
- You may experience some mild aching in your feet or legs while getting used to your insoles. This is normal and if it should happen, take the insoles out of your shoes, and try again the next day for a shorter period of time.
- Do not wear your insoles during sports until you are able to wear them all day comfortably.
- It may take a few weeks to be able to wear the insoles for a full day. If you are still unable to wear them for a total of eight hours after four weeks contact for a review appointment.

Care of your Orthotics

- If your insoles are the rigid plastic type they can be washed with mild soap and water (but do not soak) then wiped dry
- If your insoles are the more flexible foam type they should be wiped with a damp cloth and left to dry slowly overnight, away from radiators or heaters.

Please phone for an appointment if:

- You are unable to wear your insoles comfortably for a full day after four weeks of trying
- You develop any rubbing or blisters
- The insoles have not reduced your original symptoms after three months of wear