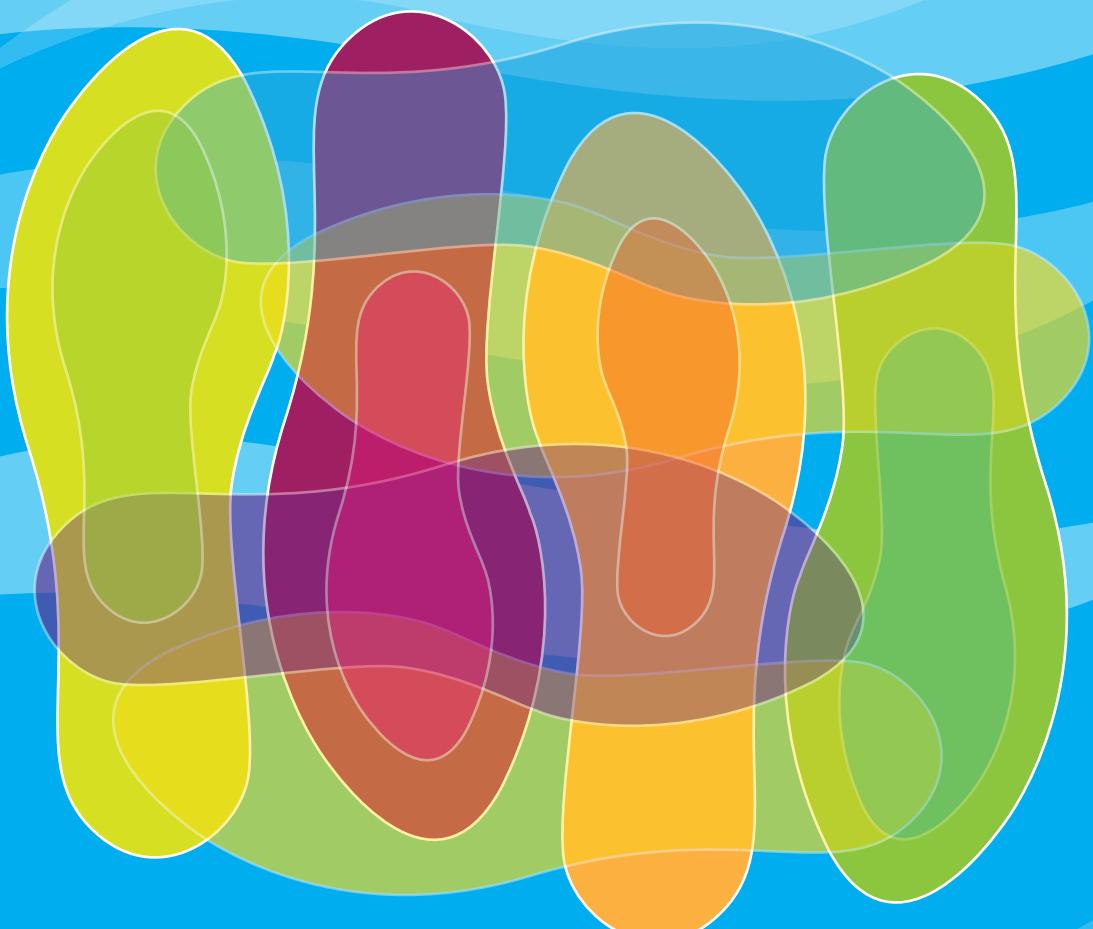


## Insoles/foot orthoses

Information for service users and carers





## General Information

Insoles may be prescribed for a variety of reasons. They can help to correct the alignment of your feet and legs and / or redistribute pressure to relieve painful areas and protect your feet from abnormal pressure.

Proper alignment is important for balancing and distributing your body weight more evenly, thereby reducing excessive pressure and stress on your feet, ankles and other body parts.

In most situations, insoles are able to correct mild to moderate foot problems, reduce associated pain and protect feet from future problems. Because each person is unique, so is his or her response to treatment. As you adjust to this new and proper alignment, you may experience some discomfort. The adjustment period usually ranges from one to six weeks when the recommended wearing guidelines are followed. Children will also experience this period of adjustment to wearing insoles. It is

important that parents check their child's feet on an ongoing basis to take into account any growth. As a rough guide insoles will continue to fit for approximately two shoe sizes of growth.

## Wearing

Your insoles have been prescribed for you and they are intended for your use only.

Your insoles are designed to conform to the shape of your feet and may feel slightly 'strange' due to the realignment of the foot and pressure distribution and will therefore require a gentle break-in period.

## Wear time

- Start slowly, only wearing your insoles for a maximum of one hour on the first day, with low to moderate activities.
- Increase the wearing time each day, by one to two hours until you are comfortable wearing your insoles all day.

- Do not use your insoles during peak activities, such as work or sports for example, until you are comfortable wearing your insoles for several hours without discomfort.
- If you experience any pain or discomfort, remove the insoles from your shoes for at least two to four hours and then try them again. If the pain persists, stop wearing them and make an appointment to see the Biomechanics Specialist for a review.
- The greatest long-term benefits are achieved when you are consistent about wearing your insoles on a daily basis.
- The best type of shoes to wear with your insoles should have a closed back and toe; come over the top of the feet like lace-up sport shoes; low heels; a removable liner; and slightly wider width to accommodate the insoles.
- Be sure to wear tights, stockings or socks to minimise the possibility of skin irritation.
- Ensure the insoles fit flat in the shoe and are not folded up or creased.
- During use, ensure that footwear is secured as tightly as is comfortable.
- Your insoles should be transferable between most of your shoes

## Shoes

Select good shoes with proper support and always try them on with the insoles in place to ensure proper fit. Suitable fitting and supportive footwear is vital to the function of the insoles and overall comfort.

## Exercises

Sometimes the required wearing time of the insoles can be decreased by following a regular exercise routine to strengthen the leg and foot muscles. Advice about such exercises, if appropriate,

will be discussed during your appointment.

## Skin care

Check your feet carefully every day. Any reddened or tender areas could indicate a problem with the fit of your shoes or the insoles. Please make a biomechanics review appointment if you feel any prolonged discomfort, rubbing or chaffing.

## Durability

A wide variety of materials are used to make insoles and enhance durability while providing the necessary comfort and support for your activity level. With most of the materials today, your insoles should last about 18 months with moderate use and proper care.

However, if the material on the bottom of your insoles gets worn, or if your insoles break, contact the department. DO NOT attempt to fix the insoles yourself.

## Care

- Clean your insoles at least once a fortnight to reduce bacterial growth using a damp cloth and allow to dry naturally in the air.
- Avoid drying in direct sources of heat (such as on the heater or using a hair dryer).
- During the night, remove your insoles from the shoes to allow a natural drying process.

## Entitlement

- You are entitled to one pair of insoles.
- Further pairs can be purchased from named suppliers and the biomechanics department will adjust as necessary.

## Remember

Please remember to bring your insoles with you when attending appointments, even if they are worn out or no longer fit.

If you have any questions about the type of insoles you have been

recommended, please talk to the biomechanics specialist.

The contact details for the department are:

Podiatry Services  
Cantley Health Centre  
Middleham Road  
Goodison Boulevard  
Doncaster  
DN4 6ED

Tel: 01302 379550





If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

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Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجي الإتصال بخدمة  
التنسيق ونصيحة المريض على رقم الهاتف 0800 015 4334 Patient Advice and Liaison Service

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, বেইলি-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই  
কাগজটা আন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নংরে গেশেন্ট এ্যাডভাইস এন্ড লিয়েজ  
সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联系病患建议与联络服务（Patient Advice and Liaison Service），电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě  
nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientů na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن اون سند به نسخه ای با چاپ درشت تر، به خط بربل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات  
مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans  
une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and  
Liaison Service] au 0800 015 4334.

Kurdish Sorani

نام زانباريانه به چاپ گموره، برايل يان لعسبر شريتي دهنگي دخوازيت باخود نم يبنلگەنلەي بە زانقىكى دىكە دەخوازىت، تىكايى  
پيويشى يكە يە خەنەگۈزۈرى رېنمەيى و ھانوھانىگى نەخۇشىمەدە يە زەمارە 0800 015 4334

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużej czcionką lub alfabetem Braille'a, na  
kasetce audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient  
Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਾਪਵੀ, ਬੈਲ ਜਾਂ ਸੁਣਦ ਵਾਲੀ ਫੋਨ ਤੋਂ ਚੁਣੌਟੇ ਹੋ ਨਾ ਇਸ ਦਸਤਖਤ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚੁਣੌਟੇ ਹੋ, ਤਾਂ ਜਿਨ੍ਹਾਂ  
ਕਰਕੇ ਮਹੱਤਵਪੂਰਨ ਅਤੇ ਤਾਲ-ਮਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੋਂ ਸੰਪਰਕ ਕਰਵੋ।

Somali

Haddii aad jeelaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la'ama  
cajalid dhegeysi ah ama haddii aad jeelaan lahayd in aad dukaameentigan ku hesho luqad kale,  
fadijan Adeegga Taliboxinta iyo Xiriirinta ee Bukanleyda (Patient Advice and Liaison Service) kala  
soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız,  
lütften 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بڑی چھپائی، بریلی میں یا صوتی پیپر چاصل کرنے پاہیں یا یہ دستاں کی تبادلہ زبان میں چاہیں تو یہ کام پیش ایڈیشن ایکس پینڈلریز ان سروس سے  
0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bảng ghi  
âm, hoặc bảng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và  
Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
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