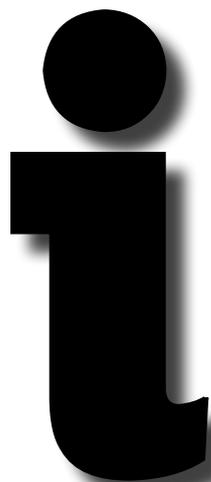


## *Use and care of your insoles* (page 1 of 2)



### **What are prescription foot orthotics?**

Prescription foot orthotics (or insoles) are inserts that you put in your shoes to improve the alignment of your feet. They can also improve the alignment of your knees, hips and lower back. They can be used to treat a variety of foot and lower limb problems. If you have been recommended any other form of treatment, for example, physiotherapy, then it is important that you continue with both.



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

### **Footwear**

Good footwear is the most important partner for your orthotics. Foot orthotics need a stable, strong, supportive base in order to be most effective. It is advisable to avoid poorly constructed, non-supportive footwear. Any shoe with a heel higher than 3cm is generally unsuitable for use with your orthotics, as are most types of slip-on and court shoes. Generally lace-up style shoes and trainers are more suited to accommodating orthotics due to the adjustment in fastening them. If you have any queries then consult your Orthotist.

### **Getting used to your new orthotics**

It may take a few weeks to feel totally comfortable wearing your insoles. Initially you might feel a few aches when wearing them if you are not used to having support. If so take them out and let your feet rest before trying a few hours later, perhaps start for 1-2 hours and each day increase your wearing time as they become more comfortable. If you persevere through the pain you might end up with a blister.

Do not wear your orthotics during sport until you are able to wear them all day comfortably.

If you are unable to wear the insoles all day comfortably within 4 weeks then contact your Orthotist for a review.

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**01722 429175**

## Care of your orthotics

Occasionally inspect your orthotics for signs of damage or wear and tear.

Your orthotics should be washed with mild soap and warm water, do not soak them. They can be air dried but keep them away from radiators or heaters. When they need replacing contact us for a new pair. Be aware that insoles can be refurbished, so please do not get rid of them. Please bring your insoles to all appointments so we can assess whether they need replacing.

## Risks of orthotics

- There is a risk that the foot orthotics may cause you some postural or foot discomfort due to the change in position of your body.
- Orthotics may occasionally cause blistering or marking of the skin.
- You may think that your feet sweat more due to the non-adsorbent material used to make the orthotics.

## Benefits of orthotics

- Orthotics may help to reduce symptoms/pain caused by poor foot position.
- Orthotics can help to reduce or prevent deformity caused by poor foot position.
- Orthotics can help to protect your feet against excessive pressure problems caused by poor foot position, especially in people with conditions such as diabetes or rheumatoid arthritis.

## Useful contacts

British Association of Prosthetists and Orthotists (BAPO)

[www.bapo.com](http://www.bapo.com)

Telephone 0845 166 8490

Health Professions Council

[www.hpc-uk.org](http://www.hpc-uk.org)

Please note Salisbury District Hospital ask for a contribution towards the cost of shoes and insoles that are provided by the Orthotics department. There is a list of suggested payments but you do not have to pay these. If you cannot pay the suggested amount, you may like to make a smaller payment. If you do this it will not affect your treatment or care. We are very grateful for any payment you can make.

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