

About your foot orthoses

Surgical Appliance Department
Tel: 01271 322492

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

What are foot orthoses?

Foot orthoses are insoles that are supplied to go into your own footwear. They are designed to realign the feet into their normal position, improving the walking action.

How do I use my orthoses?

It is important that the orthoses are fitted as instructed by the orthotist.

If you are wearing them for the first time, there will be a gradual wearing-in period similar to that with new shoes. You may need to start with one hour per day and increase the time until comfortable. If they are comfortable from the start, you may wear them all the time.

Wear a cotton sock or stocking when wearing the orthoses.

The orthoses should be comfortable. If not, check for red areas on the skin that don't disappear within 10 minutes of taking them off.

If you are wearing a sports orthosis, it is advisable that you wear it for normal walking for the first 7 – 10 days before attempting sport.

What if I have a problem?

If at any time there are persistent red areas or blisters, you must contact the Surgical Appliance/Orthotic Department on 01271 322492.

How do I look after my orthoses?

Do not

- wash the orthoses as some of them are leather covered. Either wipe with a damp cloth or dust slightly with talc.
- try to adapt the orthoses yourself as they are specifically designed for you and if adapted may not work.

- give the orthoses to someone else, as this could cause problems for them.

Do

- Keep moulded plastic orthoses away from direct heat (as this may distort them).
- Keep away from pets.

If the top lining wears, then contact the Surgical Appliance/Orthotic Department to have it re-covered.

What type of footwear should I wear with my orthoses?

You should use a reasonably strong shoe/boot with a fastening such as laces, velcro, strap or buckle. Flatter shoes are best, though in most cases your own shoes or trainers will be enough.

In some cases, the Surgical Appliance/Orthotic Department will supply you with footwear to take the orthoses, as we know you will be unable to buy shoes that will fit you. There is no charge for this but a referral from the consultant is needed.

Further information

If you have any problems or are unsure about your foot orthosis, please contact the Surgical Appliance Officer, North Devon District Hospital.
Telephone: **01271 322492**.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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