

Advice for wearing orthotic (insole) devices

Podiatry Department

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 01392 402093 or at rduh.pals-eastern@nhs.net (for Mid Devon, East Devon and Exeter services) or on 01271 314090 or at rduh.pals-northern@nhs.net (for North Devon services).

How will they feel?

At first, orthoses may feel unusual, even slightly uncomfortable. This is to be expected. After some time they will become more comfortable providing that you follow the 'wearing in' instructions.

If the insoles are replacements without alterations, do please still read this advice sheet.

Do's and don'ts

1. Do not be in a hurry to wear them all day – it takes time to adjust to having insoles placed in the shoe. If they are altering the way your feet work, it may take longer.
2. Start by wearing the devices for one hour the first day, increasing by $\frac{1}{2}$ an hour a day until they can be tolerated all morning, ie; 1st day – 1 hour, 2nd day – 1½ hours, 3rd day – 2 hours, etc. Once you are able to wear the devices all morning, repeat this process for the afternoon.
3. If you find that you cannot wear them for the prescribed period for that day, **do not** continue to wear them on that day. *For example*; if you should be using the insoles for 3 hours and they make your feet ache after 2 hours, take them out of your shoes at 2 hours.
4. The next day, stick to the length of time you felt comfortable for and only increase the wearing time by 30 minutes, **if they are comfortable**.
5. Do not be surprised if you feel a little discomfort in the legs during the early stages of wearing the devices. Muscles will be adapting to new positions and functions. If you have definite pain in any of your foot or leg joints or in your back when using the insoles, **stop using them and contact your podiatrist**.
6. Insoles are often specific to one style of shoes. You may be able to move them to a similar style of footwear – please discuss this with your podiatrist.

7. If possible remove the original insole from your shoe first and replace it with your new insole. This prevents the insoles taking up too much room in your shoe.

Remember

If you don't follow these instructions, then you may find it takes a long time to get used to your devices and to get any benefit from them.

Care of your insoles

Insoles for adults usually last for about one year but this will vary depending on the amount of use. Normally insoles are made of synthetic materials which can be cleaned by wiping with a damp soapy cloth. If they get very wet, allow them to dry naturally. Do not place them on direct heat sources as this may distort the material they are made of.

Follow up

Your podiatrist will advise you on the use of your orthoses and the appropriate review of your progress.

Your podiatrist will also discuss with you on how to contact us if you experience any problems.

We will not normally supply more than one pair of insoles at one time.

Problems or concerns

If you have any problems or questions, consult the podiatrist who prescribed the devices – most problems can be solved.

Local podiatry contact details

North:

Email: rduh.podiatry@nhs.net

Tel: 01271 341509

East:

Email: rduh.podiatryappointments-eastern@nhs.net

Tel: 03452 667772

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, please contact:

PALS Mid Devon, East Devon and Exeter

- call 01392 402093 or email rduh.pals-eastern@nhs.net. You can also visit the PALS and Information Centre in person at the Royal Devon and Exeter Hospital in Wonford, Exeter.

PALS North Devon

- call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at the North Devon District Hospital in Barnstaple.

Have your say

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Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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