

Orthotic Insoles

You have been prescribed Orthotic insoles; they have been manufactured for your specific needs by your Orthotist.

Insoles are used to:

- Improve your walking pattern
- Realign some or all of the joints in your lower limb.
- Provide support to weakened or weakening joints.
- Reduce pain
- Provide protection

Footwear

It is important that you wear your insoles in appropriate well-fitting footwear to make sure they are comfortable and to prevent rubbing.

Characteristics of appropriate footwear

- Approximately a 1 inch heel height
- Removable inlays
- Low opening
- Strong and firm upper material
- A lace, velcro, or other supportive fastening
- A wide heel

If your insoles will not fit into your shoes you may need to choose a half or a whole size bigger.

Wearing-in period

You will need to take some time to get used to your insoles. This list suggests the length of time you should try and wear them each day.

Suggested wear times:

Day 1 - 30 minutes

Day 5 - 3 hours

Day 2 - 1 hour

Day 6+ continue increasing hourly.

Day 3 - 1-2 hours

1-2 weeks - you should be able to wear the insoles all day.

Day 4 - 2 hours

It is usual to have some mild red marking to the skin as you begin wearing in your insoles. If marking persists 40 minutes after taking your insoles off, or you notice any worsening symptoms please stop wearing them and contact the orthotic department for a review.

Looking after your insoles

You will need to look after your insoles and keep them clean.

- You can clean them with a damp cloth and leave to air dry.
- Please do not try to adapt or fix the insoles yourself.
- Your insoles have been prescribed for you and shouldn't be given to anyone else as this could cause them problems.
- Keep them away from pets.

If you feel at any point your insoles requires attention do not hesitate to contact the orthotic department.

What happens if I have a problem?

If you require any further assistance, please contact:

Orthotic Department

The Rotherham NHS Foundation Trust

Moorgate Road

Rotherham

S60 2UD

Telephone : 01709 304385

Your Orthotist is:

