

Insoles and/or Orthoses

Patient Information

Podiatry Services

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Insoles/Orthoses

You have been prescribed insoles/orthoses to be worn as part of your treatment **plan**. These have been designed to improve the way you walk, or to provide support and comfort.

They are designed for your use only and should be worn in your everyday shoes and / or slippers. You can move them to different footwear, but please note there are only certain types of footwear that will accommodate the insoles/orthoses. They should be worn for the biggest part of your day for them to be effective (i.e. 70 – 100%).

Please ensure that the **right** insole is in the **right** shoe and **left** insole is in the **left** shoe.

Great care should be taken when cleaning your insoles. They may be wiped using a small amount of warm soapy water and then left to dry naturally overnight (not on direct heat).

After fitting insoles/Orthoses

If you experience severe pain, redness or blistering as a result of the insoles/orthoses, **stop using them** and contact the clinic immediately as they may need a slight alteration. However, unless you contact us, we will assume that your insoles are satisfactory and comfortable. **Always bring your insoles / orthoses with you to your appointments .**

General information

You may experience some discomfort when first wearing your insoles/orthoses. It is essential to break them in slowly over the next few weeks, gradually increasing the wearing time, over a period of 2 weeks. A mild muscle ache is not uncommon. If this increases to a pain i.e. joint pain, discontinue wearing the insoles. Remove them and contact us.

The insoles/orthoses should last 12 to 18 months before they need renewing.

Check your feet regularly as advised by the Podiatrist.

If you have any questions or worries, please feel free to contact the service:

MSK CATS 0300 707 1112

COMMUNITY PODIATRY 03007077700

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?
- 4.



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: www.wvl.nhs.uk/patient_information/Leaflets

This leaflet is also available in audio, large print, braille and other languages upon request. For more information please ask in department/ward.

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