



## A guide to the use and care of Orthoses

### Department of Podiatry & Orthotics

Your insoles, also known as orthoses, have been manufactured for you following your assessment with your Podiatrist.

#### **What are orthoses?**

Foot orthoses are prescriptive in-shoe devices that support your foot. They help with the alignment of your foot, ankle and lower limbs.

Your foot orthoses are made for you following your examination. The Podiatrist will have determined the correct orthoses for you from the results of the examination.

Please follow the advice on this sheet to ensure you get the best out of your orthoses.

#### **Wearing in**

- After receiving your orthoses it is important to wear them in gradually, starting with **up to one hour on the first day, then gradually increasing to all day**. It can take about 2 weeks to fully adjust to your orthoses. After this time, you should wear your orthoses all day, moving them from shoe to shoe as needed.
- Check your feet after use, making sure there are no red areas or signs of rubbing. Any problems you have with the orthoses should be discussed with the Podiatrist.
- You may experience slight aching in the legs and feet after initial use, this is normal and should gradually subside.
- **Do not continue to use them if your symptoms worsen.** If you experience redness, blistering, increased pain or any new pain, you should stop wearing your orthoses and contact your clinic booking office (see over for contact details).

Orthoses will sometimes need to be trimmed to fit certain shoes; this can be done by trimming with household scissors. Some shoes have removable insoles which can be used as a guide. If in any doubt please contact the booking centre.

**Important Note** - Orthoses only work well in a suitable, supportive shoe.



**Suitable shoes should include the following features:**

- Laced, Strap or Velcro fastened uppers
- Supportive and stable heels
- Broad and round toe shapes to accommodate your toes
- Enough depth to allow the foot to fit well inside the shoe
- Strong protective and supportive soles

**Important note** - Please bring your orthoses to all appointments you have with the Podiatrist.




**Looking after your Orthoses**

- Do not soak them
- Wipe your orthoses occasionally with a warm, soapy, damp cloth
- Let them dry naturally or with a paper towel
- Use clean hosiery/socks everyday

**What happens next?**

- Provision of orthoses is part of your treatment plan.
- You may be discharged with advice on completion your treatment plan.
- Future access to the service is via a new referral from your GP or other healthcare professional.

**All enquiries** are via Podiatry booking centre

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**“This document is available in Welsh /  
Mae’r ddogfen hon ar gael yn Gymraeg”.**