Podiatry & Orthotics Department

Over-the-counter Orthoses/Insoles

Patient Information

Introduction

Orthoses (also called insoles) can help with a wide range of foot and ankle problems. They provide support for your feet and can help to improve the alignment of feet, ankles and legs - reducing the amount of stress and strain each structure has to deal with on a daily basis, which in turn usually helps to alleviate symptoms.

There are many different types of insoles available and it can be difficult for you to choose the right one. If you wish to purchase insoles this leaflet provides helpful information on buying and wearing your own over-the-counter insoles. Insoles can be used in isolation or as part of a broader rehabilitation programme.

Whilst we do not promote or endorse any specific brand or outlet, we have provided some useful information around tried and tested generic insoles that you may find helpful.

Recommended Orthoses (insoles)



- **Express Insoles** - Half-length, low-density insoles ideal for gentle support, alignment and some cushioning at the heel. Please see the link below to find on internet.

www.shoeinsoles.co.uk/express-orthotics-firm-density-blue-34-length-insoles.html



- **Pro 11 Insoles** – Full-length, dual density insoles ideal for active people. Useful for conditions affecting the mid and forefoot. Please see the link below to find on internet.

www.amazon.co.uk/PRO-11-WELLBEING-Metatarsal-Fasciitis/dp/B00Z099HQO



- **Duosoft Insoles** – Full-length insoles are made from a foam top layer and shock-absorbing urethane base, ideal for comfort and cushioning. Require plenty of depth in shoes. Please see the link below to find on internet.

www.shoeinsoles.co.uk/diaped-duosoft-therapeutic-diabetic-insoles.html

Insoles are designed to fit into footwear and by their very nature, take away valuable space within a shoe. Choosing the correct shoe is very important as the insoles will only be as good as the shoe it goes into.



Shoes Suitable for Insoles

Generally shoes should have the following features to suit insoles. *(Leaflet available).*



- Laces or Velcro straps to secure.
- Stable, low heels – avoid narrow, tapered or higher than 25mm.
- A broad, rounded toe-box to accommodate various toes shapes.
- Enough depth to allow the foot to fit well inside the shoe.
- Shoes with a removable inlay helps fitment of insole.
- Robust soles to aid the support of the insole.



Using Insoles

It can take up to 2 weeks to fully adjust to using insoles - start with 30 – 60 minutes on the first day and gradually increase the use over the next 10-14 days. Some aching in the legs and feet is normal and should gradually subside.

If you experience new pain, worsening of symptoms, blistering or red areas from rubbing, discontinue the use of the insoles.

Once you have successfully adjusted to wearing the insoles all day, continue to do so on a regular basis - moving them to different shoes as needed.

Some people only need to use orthoses until symptoms have settled, others will continue to use them for specific activities yet others will need them long term.

If you have any concerns or queries contact the Podiatry & Orthotics department on; Tel: **01633 615225 option 1** or e-mail **Risca.podiatry@wales.nhs.uk**

This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg.