

Orthoses, Insoles and Felt Padding - Information

Your podiatrist has suggested that orthoses, insoles or felt padding are used for your specific leg or foot problem.

Orthoses or insoles will be made to specifications which are intended to improve your specific condition, prevent deterioration and/or reduce pain and discomfort.

Orthoses

These are moulded insoles which are designed to fit in your shoes.

These are specially made, either by an impression taken of your feet (this can be taken from either a plaster of paris cast, or your feet may be placed into an oasis box in order to take the impression), or by prescription from a specialist supplier of prefabricated orthoses . They may have additions which complete the specifications.

These will take up room in your shoe and can vary in thickness depending on their purpose.

Insoles

These are shoe inserts which are designed to fit into your shoe and again may have additions that will take up room in your shoe.

Felt (adhesive) padding

This may be applied to your feet by your podiatrist, the aim of which will be to temporarily relieve pressure from a problem area.

Adhesive padding is only used for short periods of times and should be removed if it gets wet and after 3-5 days. To remove the pad gently peel one corner and carefully remove taking care not to pull too quickly or it could tear the skin.

With all adhesive padding there is a risk of an allergic reaction. If you notice any redness or itching around the sides or underneath the padding remove it at once. Felt padding will also take up room in your shoe.

All these appliances are made to help your complaint and prevent your condition deteriorating.

If the padding is found to be helpful then we may consider making an insole.

When attending appointments for insoles or orthoses please bring with you the footwear in which you intend to wear the device.

Footwear Advice

It is very important that you comply with your podiatrist's advice on the most appropriate footwear.

Inappropriate footwear will be unable to accommodate orthoses and insoles thus reducing their effectiveness.

Your podiatrist may therefore ask you to change your style of footwear before orthoses or insoles can be manufactured.

If you are wearing inappropriate footwear, your podiatrist may refuse to apply felt padding as it could put your foot at risk of developing further problems.

Please contact the Podiatry Appointment Office
01803 217712 if you:

--require further information
--require this leaflet in a different format

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

PATIENT INFORMATION

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