

How long do the orthoses last?

The orthoses should last for at least one year. Most should last up to 2-3 years. Orthoses are not replaced due to age, but will need to be reviewed if pain or discomfort returns or they wear out. In which case, a new referral will be needed from your GP or health professional (unless you are under 18 or over 60 when you can refer yourself).

Am I eligible for additional orthoses?

You will only be provided with one device through the NHS per year. However, you can purchase additional devices yourself by contacting the Podiatry Department. It is advised that you have been wearing your current orthoses for at least 2 weeks without any problems before purchasing additional pairs. This is to ensure that the current set are suitable. Once your episode of care has ended, you will be discharged from the Podiatry service. If you feel that you still require the service, you will need a referral for further treatment

Further advice or information

Please contact the Podiatry Department on 01803 217712 (8.45 am-3.45 pm; Monday to Friday):

If you have any further foot problems or experience any pain;

If you require further information;

If you require this leaflet in another format.

Department of Podiatry
Castle Circus Health Centre
Abbey Road
Torquay
TQ4 5JH

Tel: 01803 217712
Email : t-sd.podappts@nhs.net



www.tsdhc.nhs.uk



www.facebook.com/tsdhct



[@TSDHC](https://twitter.com/TSDHC)

Ref: Centre/Issue– Date Updated

25254 V1/Community/TSDFT/07.16/Review Date 01.19



Partners in Care

Orthotic Device Instructions

A Guide to your New Insoles



What are orthoses / insoles?

Orthoses are commonly known as insoles. Orthoses work to support the joints in the foot by reducing abnormal movement that may be causing discomfort. It is advised to use orthoses in conjunction with any stretches or footwear advice provided as they may be part of combined treatment therapy.

Why have I been issued with orthoses?

The appliance that has been issued to you has been prescribed by your podiatrist with the intention of improving your foot or leg condition, or to prevent deterioration. They are designed for your specific foot or leg problems. They may have been made from a cast, made in the clinic or pre-made depending on what your podiatrist deems necessary. They are used to hold your feet in a particular position in order to function more effectively.

How to use my orthoses

They are to be used in your suitable footwear and slippers. They should be transferred across to the different shoes you wear. After the initial wearing in process (see later in the leaflet) they should be worn as much as possible in your footwear. If they are only used occasionally they will not provide a benefit.

Orthoses and footwear

Orthoses cannot be used in all types of footwear. They should be used in conjunction with wide/deep shoes with a strap or lace-up fastening. Ideally the shoe will have a removable insole that can be replaced with your new device. This is so there is plenty of room to accommodate the orthoses and your foot. It is advised not to wear them in unsuitable shoes.

Wearing instructions

When issued with your orthoses you must allow a period of time for your body to get used to the new devices. If you do not allow a “wearing in” period it could cause extra strain on your body resulting in pain and discontinuation of use. It is advised that you wear the orthoses in gradually.

After wearing the orthoses for the first time, check that there are no rubbing marks on your feet. Any marks that disappear after 20 minutes are acceptable. This should then be checked after each use during the “wearing in” process.

Suggested “wearing in” Guide

Day 1—Wear for up to 1 hour

Day 2—Wear for up to 2 hours

Day 3—Wear for up to 3 hours

Day 4—Wear for up to 4 hours

Day 5—When achieved continue with normal use.

If the pain increases, discomfort arises or new pain appears it is advised not to continue with the use of the orthoses for a few days. If the pain disappears or is greatly reduced, it is the result of wearing the device. Try the device again, hopefully any discomfort will not return or will be less intense. Repeat the process until the discomfort is removed. If this does not reduce the pain, please contact the Podiatry Department on 01803 217712.

Cleaning instructions

If your orthotic becomes soiled, wipe clean with a damp cloth. Do not submerge the orthoses in water.

Orthoses review

With orthoses, a follow-up appointment is not usually arranged. If you continue to experience pain, please contact the Podiatry department on 01803 217712 for an appointment and bring the orthoses with you.