



Orthotics Advice

Podiatry Service

Orthotic Wearing Instructions

Orthotics can be soft or hard and take a more moulded shape. These will be fitted by your Podiatry Department.

- Initially wear the orthotic device for about one hour on the first day, two on the next and so on, until you gradually wear them comfortably for 8 hours a day.
- If the orthotic devices are unable to be worn for a full hour each day because of discomfort, remove the orthoses. The next day reduce the wearing time, half an hour less and increase daily by 30 minutes.
- Do not try cutting or altering the orthotic device yourself as this will change the positioning against the foot and may cause irritation or pain.
- Some patients occasionally experience discomfort in the knees, hip and back as the body changes in alignments. These changes should disappear as your body gets used to the new position of your feet and legs. If they are very uncomfortable then stop wearing them.
- Often orthotic devices will form only part of your treatment and you may well be prescribed specific exercises. If this is the case it is VERY important you do these exercises as without them your recovery will be delayed.
- It can take 6 or more weeks before any benefit is noticeable.
- Please be aware your orthoses cost approximately £150. Please take care of them.

Please follow these instructions

Wear all insoles/orthoses in appropriate shoes that are wide enough and deep enough to fit them. Do not soak your insoles. Take your insoles/orthoses with you when you buy a new pair of shoes so you can feel confident that they will fit inside.

Simple Insole Wearing Instructions

Simple insoles are usually a flat leather base, the size of your shoe with added padding to specific areas.

If your insoles are a little too long for your shoes, carefully from toe end trim them with scissors to achieve the best fit. Slowly break your new insoles in until your feet become accustomed to them, this may take approximately 7-10 days. Please be aware simple insoles cost approximately £50 a pair.

*****IT IS IMPORTANT THAT YOU TAKE CARE OF YOUR INSOLES/ORTHOSES AS WE ARE UNABLE TO SUPPLY YOU WITH ADDITIONAL PAIRS.**

IF YOU FEEL YOUR INSOLES/ORTHOSES ARE NO LONGER SUITABLE THEN YOU MUST BRING THEM TO FUTURE APPOINTMENTS FOR THE PODIATRIST TO ASSESS.

Podiatry Service

- ☎ Telephone 0300 0032 144
- ✉ Email: acecic.communitygateway.nhs.uk

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