



About your foot orthoses

Surgical Appliance Department
Tel: 01271 322492

What are foot orthoses?

Foot orthoses are insoles that are supplied to go into your own footwear. They are designed to realign the feet into their normal position, improving the walking action.

How do I use my orthoses?

It is important that the orthoses are fitted as instructed by the orthotist.

If you are wearing them for the first time, there will be a gradual wearing-in period similar to that with new shoes. You may need to start with one hour per day and increase the time

give the orthoses to someone else, as this could cause problems for them.

Do

Keep moulded plastic orthoses away from direct heat (as this may distort them).

Keep away from pets.

If the top lining wears, then contact the Surgical Appliance/Orthotic Department to have it re-covered.

What type of footwear should I wear with my orthoses?

You should use a reasonably strong shoe/boot with a fastening such as laces, velcro, strap or buckle. Flatter shoes are best, though in most cases your own shoes or trainers will be enough.

In some cases, the Surgical Appliance/Orthotic Department will supply you with footwear to take the orthoses, as we know you will be unable to buy shoes that will fit you. There is no charge for this but a referral from the consultant is needed.

Further information

If you have any problems or are unsure about your foot orthosis, please contact the Surgical Appliance Officer, North Devon District Hospital.
Telephone: **01271 322492**.

PALS

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

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