

Your Shoe Insert

This leaflet describes the use of your orthotic/insole and is intended for patients who have been prescribed a device. The leaflet may not cover everything you would like to know. If you would like to know more, please ask.

You have been provided with some shoe inserts (orthoses/insoles) as part of your treatment. Please read this information **and** the accompanying leaflet carefully before using your devices.

Helpful Hints for all Users

It may take a few weeks for you to get used to wearing your inserts. During this time there may be some discomfort. This can be foot or leg cramping. There may also be irritation to the skin on the foot.

The following instructions may help reduce discomfort and assist you to care for your orthoses/insoles:

- Wear the inserts for one hour the first day and two hours the second day.
- Increase the time by one hour each day.
- By the end of the first week, you should be wearing the inserts seven hours a day.
- Children usually adapt more quickly than adults.

This programme is not strict. It may take more or less time for you to adjust. Let your body guide you. If you are comfortable you may wish to wear the inserts for longer. Some people need to adapt more slowly, wearing the inserts only half an hour a day to start with.

The inserts should not be worn with bare feet - socks or stockings should be worn during the 'break in' period to reduce any discomfort.

Do not wear the inserts for sporting activities to start with. You must wait until you have been able to wear them comfortably all day, every day for at least a week.

The Podiatrist will arrange to review your progress. If you have any problems with the insoles or orthoses, you should contact the clinic as soon as possible.

The Podiatrist may give you advice on footwear that will assist the insert in providing good foot function.

Orthoses should not be used in footwear other than those for which they are prescribed. If using simple insoles in footwear other than that worn at the fitting, make sure that there is enough room in the shoe. The device should sit in the shoe without buckling or folding.

Unless you are otherwise informed devices should not be worn in tight, pointed, slip-on or high-heeled shoes.

In general, devices can be cleaned by sponging with soapy water. Dry before use. Hot water may damage them. Do not dry on top of fires or radiators as this may damage the inserts. Wet shoes should be dried with the inserts removed, as the heat inside the shoes may damage your inserts.