

This leaflet is produced for patients who have been provided with prescription insoles from the NHS Forth Valley Orthotic service.

We hope you will find this information useful.

If you require any further information, or you are unable to attend an appointment, please telephone the Orthotics Department in Stirling Community Hospital.

Please do not hesitate to contact the Orthotics office and speak to either Agnes, Catherine or Deborah

Office hours 8.30am - 4.30 pm

Monday - Friday

Telephone number **01786 434062**

Orthotic Department

Stirling Community Hospital

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Orthotic Department



Advice following the supply of prescription insoles



Information for patients and carers

Your Orthotist is

Wearing the insoles

- Gradually build up time using your insoles.
- Starting at 1 hour the first day and then building up by 2 hours a day until you are wearing them all day with no issues.
- If you are still finding it difficult to wear the insoles, use them for short periods several times a day to become familiar with them.
- You may find you get sore as the insoles are changing position and alignment. Breaking them in gently will help this.
- Once using your insoles, wear them all day, if possible. Children need bare foot time for development so let your child go around the house without using them.
- Transfer them into all your footwear to gain the greatest benefit.

Footwear

- The insoles should be worn in full shoes. Slingbacks and flip flops are inappropriate as they do not hold the insoles securely in place.
- Shoes should have good heel counter support so they work with the insole.
- Shoes should be deep at the heel and sides to accommodate insoles and prevent the heel from slipping.
- Shoes should have a fastening to control foot inside the shoe and stay on securely.
- Shoes should be in a good state of repair.
- If shoe insole can be removed do so as

What problems should I monitor for?

- Redness that does not fade after 5-10 minutes.
- Sores or blisters.
- Pain, irritation or rubbing.
- Any damage to the insole.

If any of the above persist please remove insoles and contact the Orthotic Department for a review appointment.

How should I care for my insoles?

- The insole can be cleaned with a damp cloth
- Dry with a towel, away from direct source of heat such as radiator
- Check your insole regularly for wear and damage

How many pairs can I get from the NHS?

Adults can be provided with two pairs of wearable insoles. You will get your first pair fitted by the Orthotist and then if they are ok you can phone after 6 weeks to ask for your second pair. They will be exactly the same as the first pair so please make sure you are happy with them before ordering. If you have questions or feel that they are not helping please contact the Orthotic office.

Children will be provided one pair of insoles at a time. They will be replaced as the child grows or they become damaged or compressed.

Follow up

Your Orthotist will advise on the appropriate review procedure.

If you are wanting to buy additional insoles please discuss with your Orthotist and they will supply you with the manufactures details where you can buy them privately. The hospital will have nothing to do with your private insoles.

