



Insoles and functional foot orthoses

Your doctor or health professional has referred you for an insole/s or functional foot orthoses. You have been assessed by the orthotist. The orthotist will design the appropriate device, to meet your specific needs and requirements.

There are numerous reasons that insoles or functional foot orthoses are used. Essentially they are used to off load/or absorb pressure, in particular with functional foot orthoses they can correct foot position and the biomechanics of how your foot works.

The types of devices we supply are:

Insoles

The orthotist will arrange for your insole/s or heels pad/s to meet your needs. They will normally be full length and thin enough to fit in your own footwear. They can be manufactured from a range of materials and the orthotist will decide on the most appropriate for you. These are used where a soft tissue injury or existing condition is expected and upon examination, little or no biomechanical problems are noted.

Functional foot orthoses

These devices are used when there is a need to control or correct the position of the feet and ankles as well as off loading pressure. They can be constructed from a variety of materials and your orthotist will decide the correct prescription for you.

What footwear should I wear with these devices?

Your choice of footwear is very important; the correct footwear can influence the effectiveness of the device. A trainer/walking shoe work very well with your device (any trainer should be non-corrective and neutral). The best shoes to provide support and comfort are lace-up (or Velcro, strap and buckle) footwear with:

- Heel height between 25mm–35mm
- Moulded rubber sole unit
- Leather upper

Avoid shoes that offer little support, these include slip-on's, sandals, low heels or flat shoes.

Wearing-in period

Initially wear your new insole/s or functional foot orthoses for between 30 minutes and 1 hour for the first day, gradually increasing the wearing time over the next 7–14 days by 30 minutes to an hour per day. You may experience some lower limb discomfort during this period as your body adjusts to the new foot position.

However if the discomfort persists after this period, or you notice any other pain, please contact the department.

Day-to-day wear

Your device can be wiped clean with a damp cloth. Moisture absorbed by your insole/s or functional foot orthoses during the day needs to evaporate therefore please allow them to air overnight. The best way to achieve this is to remove them from your footwear.

Follow-up care

You will be invited to attend a review appointment a few weeks after the supply of the supply of your insole/s or functional foot orthoses, this is to evaluate their effectiveness, if appropriate a second pair will be ordered at this appointment.

Replacements

If you notice excessive wear on your insole/s or functional foot orthoses or a change in your foot condition i.e. increased pain, please contact the department to arrange a review appointment with the orthotist.

What happens if I have a problem?

If you have a problem with your brace, please contact:

Orthotics Department

Outpatients Area 1 Queen Elizabeth Hospital Birmingham (QEHB)
Mindelsohn Way, Edgbaston Birmingham, B15 2GW
Telephone: 0121 371 6415/6

Your Orthotist is:

Orthotics Department

Queen Elizabeth Hospital Birmingham

Outpatients Area 1
Mindelsohn Way, Edgbaston Birmingham, B15 2GW
Telephone: 0121 371 6415/6

Accessibility

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