

Taking care of your insoles

If your insoles become dirty you can wipe them over with a damp cloth or disinfectant wipe. Submerging them in water or exposing them to high temperatures is not recommended.

Replacing your insoles

- Softer insoles should last around 18 months, firmer ones 2-3 years. If they need replacing you will need to obtain a new referral. Phone us to check if this is the case as you may be able to refer yourself without visiting your GP/consultant
- The NHS can provide one pair of insoles per referral. In exceptional circumstances (e.g. in cases where the insole is unusable due to excessive wear) we may be able to replace them sooner
- You can purchase additional insoles by contacting the Podiatry department. It is advisable that you have at least 2 weeks of wear without any problems before doing this to ensure that your current pair is suitable

Further advice

Remember that your new insoles will take time to work and may take several weeks before you feel any improvement. Persevere with them but make sure that you have a gentle approach and wear them in gradually. If there is no improvement in your pain after 6 weeks of wearing them or if you have any questions about your new insoles please phone the Podiatry department.

Your local NHS podiatry service:

For more information about NHS Podiatry in Hertfordshire please visit our webpage at: www.hct.nhs.uk

or contact:

Hertfordshire Podiatry Service
Sandridge Gate Business Park
Ronsons Way
Sandridge
St Albans
Herts
AL4 9XR

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Insoles: Instructions & Advice

A guide for patients

PODIATRY SERVICES IN HERTFORDSHIRE

Advice on foot care and health



Can I put them in to any shoe?

Insoles can be used in many types of footwear but the shoe should be deep and wide enough to easily accommodate the insole and your foot.

- Shoes that have a fastening that can be tightened such as laces, velcro or buckles are better than slip-on shoes
- A heel height of higher than 2.5cm/1 inch will not allow the orthoses to work properly
- Sometimes the shoe will have a removable insole that can be taken out to allow room for your new insoles
- Take your insoles with you when buying new shoes
- The insoles can be swapped from shoe to shoe if necessary

Getting used to your new insoles

It is very important that you wear-in your new insoles slowly. Your feet and legs will need time to adjust to the changes and this may feel uncomfortable at first. A suggested wearing-in guide is to increase the wear time by an hour each day. For example →

Day 1	Wear for up to 1 hour
Day 2	Wear for up to 2 hours
Day 3	Wear for up to 3 hours
Day 4	Wear for up to 4 hours
Day 5	When 5 hours achieved continue to wear throughout the day

- If you experience discomfort during the wearing-in period, stop wearing them for that day. If necessary, repeat a day until the insoles are comfortable
- **If there is still pain after 7-10 days, you are unable to wear your insoles for more than five hours, or you are experiencing new pain it is important to stop wearing them and contact the Podiatry department**
- At the end of each day please check your feet for rubbing marks. These should subside within 20 minutes. If they continue longer than this please contact the Podiatry department
- If you are planning to wear them for sports or high-impact activities then make sure you are completely comfortable with the insoles in low-impact activities first. The step up to high impact activities such as running should be a gradual one

This leaflet has been produced for people who have been provided with insoles by the HCT Podiatry Service. It will explain how you should wear and care for your insoles, and other important information.

Why have I been prescribed insoles?

Insoles (sometimes called foot orthotics) are designed to be worn inside your shoes. They aim to reduce your foot or leg pain by altering how your foot functions. Sometimes they can also be used to give extra shock absorption or to deflect pressure from painful areas in the foot.