

Orthotics

Information for patients

Your orthotics (insoles) have been made especially for your feet and to fit correctly into one pair of your shoes.

They are going to alter the position of your feet so that they work in a better alignment. Your body will move more efficiently when walking and your symptoms should be reduced.



To help you get the most out of your orthotics please read and follow the advice given:

- Increase the wearing time of your orthotics gradually to begin with so that your muscles get accustomed to walking in their corrected position i.e. one hour for the first day, then two hours the second day and so on, eventually increasing to all day if you experience no discomfort.
- Insoles are often specific to one pair of shoes. You may be able to move them to similar style shoes – please discuss this with your Podiatrist.
- You may experience mild discomfort as you get used to wearing your insoles, but this should only last a week or so. If you get any of the symptoms below, please remove the insoles and inform the Podiatrist at your review appointment:
 - any increase in symptoms, e.g. pain;
 - rubbing or blistering from the orthotics;
 - pain in other joints or structures e.g. knees or back.
- Continue with any exercise regime you have been given. These often work in combination with your orthotics to help alleviate your foot pain.
- If you play sport, please do not wear them for sporting activities until you have adjusted to wearing them all day.
- Follow any other advice you may have been given e.g. anti-inflammatory techniques, modification of sporting or recreational activity.

If you do not follow these instructions, then you may find it takes a long time to get used to your devices and to get any benefit from them.

Follow up appointments

Your Podiatrist will normally review your progress after about two or three weeks, or as arranged with you.

Always remember to bring your orthotics with you for each appointment.

If you fail to attend your follow up appointment and do not contact within two weeks, you will be discharged from the service and will need to re-apply via your GP.

Problems or concerns

If you have any problems or questions, please consult the Podiatrist who prescribed the devices – most problems can be solved.

Name of Podiatrist seen:

Podiatry Services
City of Coventry Health Centre
2 Stoney Stanton Road
Coventry
CV1 4FS
Telephone: 024 7696 1335

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