

Replacing your insoles

Foam insoles should last a minimum of two years. Rigid (plastic) insoles may last a lot longer. However, over time, covers and additional padding may need replacing.

If you notice excessive wear on your insoles or a change in foot condition i.e. increased pain, please contact the Orthotic Department to arrange a review with the orthotist.

For adults over the age of 18, a new referral from your GP or consultant will need to be obtained before a review can be made. For children, you may contact the department directly if it has been less than 2 years since the original appointment.

Eligibility

You are entitled to one pair. If you require more insoles above your NHS entitlement, you may do so by paying. Please contact the department for a quote and advice

Contact us

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Your Orthotist is:

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Royal Berkshire
NHS Foundation Trust

Department of Orthotics

Guidelines for the
use of functional foot
orthoses (insoles)

Information for patients

Aim

This leaflet has been provided to answer some of the questions you may have about the use of your functional foot orthoses, more commonly known as insoles.



What are functional foot orthoses?

Functional foot orthoses/insoles are inserts that are put inside your shoes to influence and improve the function of your foot.

They have been prescribed as you are experiencing pain in your foot and ankle and in some cases can be prescribed for knee and hip pain. Your insoles are aimed at reducing the stress taken through the painful areas of your foot in order to facilitate comfortable activities.

Getting used to your insoles

Prescription insoles, like contact lenses, eye glasses or orthodontic braces, may take some time getting used to the feeling and pressure of the insoles.

You will only see a benefit from the insoles if you wear them regularly

Breaking in your insoles

It is very important that you break your insoles in gradually. You should aim for an hour the first day, two hours the next day and so on until you build up the wearing time to a full day.

If your insoles cause you any discomfort during the breaking-in period, stop wearing them for the remainder of that day. And start again the next day.

If the discomfort or pain persists after 7-10 days, please contact the department.

Footwear selection

There are a few things that you should consider when deciding on footwear:

- Strong supportive shoes are the most effective.
- Always take your insoles with you when buying new footwear.

- Lace-ups or Velcro fastenings are preferred as they secure the insole within the footwear.
- A removable inlay is useful, providing more room within the footwear.
- A heel of no more than 2.5cm is recommended. Higher than this can stop the insoles working as intended.

Taking care of your insoles

If your insoles are the plastic rigid type they can be cleaned with mild soap and water and then wiped dry.

If your insoles are the more flexible type, they should be wiped with a damp cloth and left to slowly dry overnight, away from radiators or heaters.