

Contact Information:

Appliance Officer _____

Tel: _____

Orthotist _____

Orthotics
Insoles/Functional Foot Orthosis



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Patient Information Leaflet

Insoles/Functional Foot Orthosis

Insoles are prescribed for a number of reasons, these include:

- To limit or stop abnormal motion
- To re-define a foot shape
- To increase range of motion that is otherwise limited
- To provide support to weakened or weakening joints, tendons or ligaments
- To provide protection

Your insoles are designed to provide support and comfort and are prescribed and manufactured for your specific needs.

When should I wear my insoles?

You need to give yourself time to get used to your Orthotics. Break them in gradually, increase wear by about one hour each day until the insoles are comfortable. Once they have been broken in you should aim to wear them as much as possible to ensure control and support. It is normal for the muscles or joints in your legs to ache when you start wearing your insoles. This is because we are changing the position of your feet and the direction that the muscles, tendons and ligaments are working.

Typical wearing in schedule:

Day 1	30minutes	Day 5-7	2-4hours
Day 2-4	1-2hours	Day 8-14	4-6hours

Caution!

Blisters can occur, if so stop wearing the insoles until the skin heals. If there are persistent red marks or blisters, contact the department. Ensure you are comfortable in the insoles before driving or using them for sports.

Footwear

Your insoles should preferably be worn in footwear with a fastening i.e lace or Velcro. This will improve control by helping to hold your foot onto the orthoses. Avoid shoes with open heels or heels over 2.5cm (1 inch). Unsupportive shoes such as slippers or sandals may completely negate the value of your orthosis. Most footwear has removable inlays; these can be taken out and replaced with your insoles should you need extra depth and room to accommodate the device. Ensure your insoles are right to the back of the shoe when you put them on.

Care

Please keep you insoles well maintained:

- Do not wash them but if they don't have a lining you can sponge them down with water
- Keep them away from direct heat
- Keep them away from pets
- If the lining of your orthosis comes away, contact the department to arrange repair
- Please do not try to adapt the Orthosis yourself
- Your insoles are prescribed for you and shouldn't be given to anyone else as this could cause problems

You are responsible for making a review appointment. Please contact the department for review when required.

Recommended date of next inspection: _____