Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Insoles and / or Orthoses

Version number: **9**
Last modified date: **12th November 2026**

Insoles and / or Orthoses

Patient Information

Podiatry service

- Author ID: JT
- Leaflet Ref: Pod 001
- Version: 9
- Leaflet title: Insoles and/or Orthoses
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Introduction

You have been prescribed insoles / orthoses to be worn as part of your treatment plan. These have been designed to improve the way you walk, or to provide support and comfort.

They are designed for your use only and should be worn in your everyday shoes and / or slippers. You can move them to different footwear, but please note there are only certain types of footwear that will accommodate the insoles / orthoses. They should be worn for the biggest part of your day for them to be effective (i.e. 70 – 100%).

Please ensure that the **right** insole is in the **right** shoe and **left** insole is in the **left** shoe.

Great care should be taken when cleaning your insoles. They may be wiped using a small amount of warm soapy water and then left to dry naturally overnight (not on direct heat).

After fitting insoles / orthoses

If you experience severe pain, redness or blistering as a result of the insoles / orthoses, **stopusing them** and contact the clinic immediately as they may need a slight alteration. However, unless you contact us, we will assume that your insoles are satisfactory and comfortable. Always bring your insoles / orthoses with you to your appointments.

General information

You may experience some discomfort when first wearing your insoles / orthoses. It is essential to break them in slowly over the next few weeks, gradually increasing the wearing time, over a period of 2 weeks. A mild muscle ache is not uncommon. If this increases to a pain i.e. joint pain, discontinue wearing the insoles / orthoses. Remove them and contact the department.

The insoles / orthoses should last 12 to 18 months before they need renewing.

Check your feet regularly as advised by the Podiatrist.

If you have any questions or worries, please feel free to contact the service:

MSK CATS:

Boston House Health Centre 0300 707 1112

Platt Bridge Health Centre 0300 707 1422

Leigh Health Centre 0300 707 1631

Community Podiatry: 01942 483483

All departments are available from 09:00am to 16:00 Monday to Friday.



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