

Insoles

This leaflet explains more about insoles (foot orthotics). If you have any further questions, please speak to the Orthotist caring for you.

What are insoles?

They are special inserts placed inside your shoes that:

- Support your foot and ankle joints
- Reduce pressure on muscles
- Make daily activities more comfortable
- Help reduce pain
- Support weak muscles
- Spread pressure evenly across the bottom of your foot



They may also help improve the alignment of your knees, hips, or lower back.

What are insoles for?

Insoles are used to help with:

- Foot or ankle pain caused by poor alignment
- Muscle weakness in the feet or legs
- Feet that are at risk of ulcers or have deformities

If you're unsure about anything, please speak to your orthotist (the specialist who provided your insoles).

How to get used to your insoles:

- It can take **7–10 days** to get used to your new insoles.
- Start by wearing them for short periods each day, gradually increasing the time until you can wear them all day.
- Don't use them for sports until you can wear them all day comfortably.

If after:

- **4 weeks** you still can't wear them comfortably
- **3 months** and your original symptoms haven't improved

→ Contact the orthotics department for a review.

Stop using the insoles immediately and contact your orthotist if:

- You feel more pain
- You develop blisters or pressure marks

Other considerations:

- Some aching in your feet or legs is normal when you first start wearing insoles. If this happens, take a break and try again the next day for a shorter time.
- If you have reduced feeling in your feet, **check your skin daily**.

Looking after your insoles:

- **Plastic insoles:** Wipe with soapy water and dry (don't soak).
- **Foam insoles:** Use a damp cloth and let them air dry overnight (keep away from heaters).

Lifespan:

- Rigid plastic: usually lasts at least 2 years
- EVA/flexible foam: may last up to 2 years

If the top covers or pads wear out, or your symptoms return, contact the Orthotics Department for a replacement or review.

Contact us

If you have any questions or concerns about orthotics, please contact admin on 020 8487 6056/6033 (Monday to Friday, 8:30am to 4pm). Out of hours, please email: orthotics.qmh@stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111



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