



Patient Information
Insoles

Your Orthotist has assessed your biomechanical needs and prescribed you insoles.

Frequently Asked Questions

What will my insole do?

Insoles are designed to relieve your symptoms of pain, and discomfort

How do they achieve this?

By providing external forces to your foot to

- Improve foot posture - by realigning the joints in your foot
- Control joint motion - restrict poor joint motion and encourage optimal joint motion
- Offload high pressure areas experienced in your foot

When should I wear my insoles?

It is important to allow your feet to adjust to your new insoles. Start wearing your new insoles for:

Day 1: 30mins – 1 hour Day 2: 1- 3 hours
Day 4: 3hours – 7 hours Day 5: 7 + hours

During the initial 'breaking in' process, you may experience some lower limb discomfort as your joints and muscles adapt to their 'new way of functioning'. These discomforts should ease within a couple of weeks.

What problems could arise?

- Blistering
- Skin discoloration i.e. red marks?
- New recurrent symptoms

If these problems arise it is important to stop wearing the insoles and report any problems to your orthotics department.

Once broken into, it is important to wear you insoles as much as you can, to feel the full benefit of them, as directed by your Orthotist.

What footwear should I wear my insoles in?

It is important that your insoles are worn in shoes that:

- Have a supportive heel counter
- Have adjustable fastening- lace or Velcro
- Deep shoe with a removable insole - to accommodate your new orthotic insoles

How do I look after my insoles?

You can clean your insoles by using a damp cloth/bacterial wipe, to wipe the surface and leave out to dry.

Do not soak your insoles or leave your insoles on areas of direct heat like a radiator
Insoles can last for 1 year or more, depending on how active you are.
Do not try and alter the insoles yourself.

Please bring your insoles to any future review appointments.

Please contact your Orthotist if you:

- Have any recurrent problems wearing your new insoles
- Need replacement insoles
- Clarification on insole advice

Contact Details

Orthotics Department:	
Hospital:	
Address:	
Tel:	
Email:	
Your Orthotist is:	

If you require this information in another language, please contact us on the above details.

Steeper Group
Unit 3 Stourton Link
Intermezzo Drive
Leeds LS10 1DF
Tel: 0113 270 4841
Email: orthoticenquiries@steepergroup.com

www.steepergroup.com