



Foot Orthoses (specialised insoles)

What is an orthosis?

An insole selected or manufactured to improve your foot and lower limb function and to treat and reduce associated symptoms.

When may they help?

Foot deformities

Leg length discrepancies

Heel pain

Plantar Fasciitis or “arch pain”

Metatarsalgia (forefoot pain)

Over use conditions

Hypermobility (very flexible feet)

How are they prescribed?

The history and symptoms of your condition will be discussed and you will be assessed standing and non weight bearing.

What kind of orthoses and available?

- Introductory orthoses - a simple supportive insole giving stability usually with a modification added for your specific foot type or presenting condition. These generally last between one and twelve months depending on your level of activity.
- Semi bespoke - a premade insole selected for your foot type, usually with further modifications added, more resilient than introductory orthoses.
- Bespoke - these orthoses are individually made for you by a laboratory specialising in foot orthoses. An impression of your foot and/or a weight bearing template are required to be taken.

Essential Advice

- Bring the footwear you use more regularly, or the sports shoe in which you intend to wear your orthoses. Supportive styles with a fastening give best results. Shoes with a removable insole are useful as the shoe insole can be replaced by your orthoses. Slim fit orthoses are available where a court shoe is essential due to occupation.
- Bring and orthoses you have been previously given or have bought yourself.
- Wear loose fitting clothing so your feet, ankles and knees can be easily examined.
- Once your orthoses are fitted, it can take time to become “used” to them. Likewise it may take time to attain full benefit from them.
- Orthoses may give you full or partial relief from your symptoms. Some conditions will require additional treatment such as exercise routines or treatment from another medical practitioner in conjunction with the orthoses in order to obtain best results.