

## Replacing your Insoles

- The details of your insoles are scanned and kept on record. Therefore spare or replacement pairs can be made without the need for new moulds to be taken. Just e-mail or phone to arrange a new pair.
- Rigid plastic insoles can last two years. If any covers or pads on them need to be replaced before this time, please contact us to arrange repairs.
- More flexible foam insoles might start to lose their support after a year. If your symptoms return, please inspect your insoles for wear and contact if replacements are required.
- Children's insoles can last up to 2 shoe sizes.

### Contact us if:

- You are unable to wear your insoles comfortably after four weeks of trying.
- You develop any rubbing or blisters.
- The insoles have not reduced your original symptoms after three months of wear.

## Oxford Orthotic Clinic

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### Oxford clinic:

The Manor Hospital  
Beech Road  
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OX3 7RP

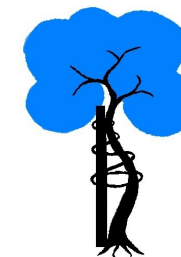
Wednesdays

Tuesday evenings

### Banbury clinic:

49 Northbar  
Banbury  
OX16 0TH

Fridays



Oxford  
Orthotic  
Clinic



## Getting the most from your new insoles

Useful advice for  
adults and children

Oxford Orthotic Clinic Limited

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## What are Foot Orthoses?

Functional foot orthoses (FFOs or insoles) are inserts that you put in your shoes to improve the alignment or your feet. They can also influence the alignment of your knees, hips and lower back and so can be used to treat foot, knee, hip or back pain. If you have been recommended any other form of treatment, for example, physiotherapy, then it is important that you continue with both.

## Footwear

Your insoles should be worn inside shoes with a strong, supportive base in order to be most effective. Any shoes with a heel higher than 3 cm are generally unsuitable for use with your insoles, as are most types of slip-on and court shoes.

Removing the original inlay from inside your shoes will create extra space for your insoles. Generally, trainers or other shoes with a fastening (laces or Velcro) are the best for accommodating orthoses.

We recommend that runners use a neutral trainer.

## A 'wearing-in' plan

It is important that you use your insoles gradually over the first few weeks, this allows your body to become accustomed to wearing them. This table gives a guideline for initial use:

DAY / WEEK	MINIMUM WEARING TIME	MAXIMUM WEARING TIME
DAY 1	30 minutes	1 hour (or until uncomfortable)
DAY 2	1 hour	1-2 hours (or until uncomfortable)
DAY 3	1 hour	2-4 hours (or until uncomfortable)
DAY 4-7	2 hours	4-6 hours (or until uncomfortable)
WEEK 2	-	Up to all day
WEEK 3	-	Should be comfortable

For those who run or participate in sport it is important to be comfortable walking all day before becoming more active. Any activity should be introduced gradually and comfortably.

If you experience any pain at all when wearing your insoles, take them out!  
If this pain persists then contact us for a review appointment.

## Care of your Orthotics

- If your insoles are the rigid plastic type without covers, they can be washed with mild soap and water then wiped dry.
- If your insoles have soft covers or are the more flexible foam type they should be wiped with a damp cloth and left to dry slowly overnight, away from radiators or heaters.

## What to expect

- General aching in the feet, calf muscles, thighs or lower back.
- The feeling of a lump under the arch.
- Less room in your shoes, footwear with a removable inlay is recommended.
- One foot might feel more comfortable than the other.

Minor adjustments will be carried out free of charge if within 6 weeks of your fitting appointment. Just get in touch to arrange this if required.