



Orthotic insoles

Information for patients from the Orthotic Department

We understand that a range of foot conditions (such as plantar fasciitis and pes planus (flat feet)) can cause people to experience pain or discomfort. But in many cases, you can quickly and effectively address the cause of your discomfort by buying insoles for your shoes from the high street.

We have put together this leaflet to help you make an informed decision when buying these insoles, as there are a number of different types of insoles available to treat a range of different conditions.

What are arch support insoles?

Arch support insoles can be used to treat a range of painful, yet common, conditions such as plantar fasciitis, tendonitis, hypermobility, and flat footedness (pes planus). They work by supporting your heel and the arch of your foot in the correct position, reducing the strain on the muscles, tendons, and joints in your lower leg.

What types of arch support insoles are available?

- **Orthaheel regular**

These are good for anyone who spends a lot of time on their feet. The $\frac{3}{4}$ length design allows the insoles to fit into most men's and women's low heeled shoes.

Key features

- Supports your arch and heel to help with a range of conditions.
- Controls pronation (the natural movement of your foot as you walk or run). Available in three sizes to fit most users.



- **Vasyli**

Vasyli Insoles were developed to help correct the positioning of your foot. The insole provides a barrier between your foot and the ground, providing a surface that will give on impact rather than pushing back with force. There is a wide range of insoles available in a variety of styles, sizes, and lengths, as shown on the right (this is a $\frac{3}{4}$ length insole).



Key features

- Suitable for a number of conditions such as plantar fasciitis, over pronation, pronation, flat feet, and fatigue (tiredness).
- Firmer materials available for those who are heavier on their feet.
- Suitable for sports use.



Important points to remember

- You should make sure that you are wearing proper, well-fitting, appropriate footwear at all times. Sometimes wearing an insole will mean you have to change the style of footwear you normally wear.
- Where possible, we advise you to wear your insoles in all of your footwear, to give you the continued support you need.
- Insoles will need to be changed regularly depending on how often you wear your footwear. At the first sign of compression (the insole will compress down making it flatter and therefore not providing the support needed) you may need to consider replacing them; this will depend on how active you are. Please refer to the manufacturer's instructions for wear and care issues.
- With regular wear, you should notice a difference in your condition within four weeks. If after this time there is no change, please contact your GP for further advice.

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net