

# Insoles

Orthotics Department, Trauma and Orthopaedics Directorate.



## Introduction

This leaflet is for people who have been prescribed with insoles

**Your insoles have been prescribed for you and should not be worn by anybody else.**

## Care of your feet

You should do the following on a daily basis:

1. Inspect all aspects of your feet daily which come into contact with the insole checking for red marks, abrasions, bruising or wounds. Use a mirror or ask someone for help if necessary
2. If you are experiencing discomfort or the skin is markedly red, bruised or broken please contact the orthotics department immediately for advice
3. Always check your footwear for stones or debris before putting them on

## Review appointments and maintenance of your insoles

The orthotics department has an "open review" policy, which means you can contact us when you feel you need a review appointment. Your orthotist will advise you how often you should have your insoles reviewed.

If you have any concerns regarding your insoles please contact the Orthotics department directly to seek advice or request a review appointment.

If the top cover of your insole is getting worn it may be replaced by repairable. Contact the orthotics department for advice on this.

Your Orthotist is:.....

Contact details: .....

.....

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## Wearing regime

This will be individual to each patient. Please follow the instructions given by your Orthotist in the following table to show how you should build up tolerance to wearing your insoles when you first receive them

Date	Length of time insoles should be worn
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

## Do I have to pay for my insoles?

No, insoles will be prescribed on clinical need, however, if your insoles are lost, stolen or damaged you will have to pay for replacements in line with Trust policy.

## Contact Details

### Orthotics Department

New Cross Hospital  
Wednesfield Road  
Wolverhampton  
WV10 0QP

Tel: 01902 694082

Opening times: 8:30am –  
4:30pm Mon - Fri

### Orthotics Department

Cannock Chase Hospital  
Assessment Unit, Level 2  
Brunswick Road  
WS11 5XY

Tel: 01543 576626 / 6130

Opening times: 8:30am – 4:30pm  
Mon - Fri

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。