

## Orthotic Information Sheet

### Type: Insoles

#### What is an insole?

An insole is an insert that is put into a shoe to help the position of your child's foot. This can help with standing or walking.

#### When to get a Review?

- Redness or red marks on skin lasting longer than 15-20 minutes
- Sores or blisters on the skin
- Significant change in your child's condition or walking
- Damage to the boots
- Child's feet have grown

#### Gradually Build-Up Wear

At first, the insoles may feel uncomfortable, so they should be worn gradually using the following schedule:

- Day 1: 30 – 60 minutes
- Day 2: 1 – 2 hours
- Day 3: 3 – 4 hours
- Day 4: 4 – 5 hours

#### How to know if they still fit?

- To check the fit of the insoles:  
Take the insole out of the shoe and place on the floor.  
In standing, place your child's foot onto the insole.  
If your child's toes are nearing the end of the insole, request an appointment.



#### Care & Cleaning of Insoles

- Wipe with a damp cloth
- Never immerse in water or use harsh cleaning products
- Leave to dry naturally
- Do not place on or near heat source as this can distort the shape.

## Shoes & Socks

- Buy well fitting shoes.
- When buying footwear, always take your insoles with you.
- Shoes with removable insoles are preferable as these can be removed to create more space for your prescribed insoles to be fitted.
- Lace ups or Velcro footwear are preferable as they give the most adjustment when compared to slip on footwear.
- Footwear that has a tongue that fully opens is preferable.
- Thin, well-fitting cotton material socks or tights are preferable to wear with insoles.

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**If you have any comments about this leaflet or the service you have received you can contact :**

Children's Therapy

PRCHC Tel: 01484 344299

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**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਕਿਸੀ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਪਤ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਰਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں سے رابطہ کریں۔

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المذكور أعلاه"**