

There are several types of insoles and materials from which they are manufactured, to cater for different foot problems. They are usually loose and transferable from one shoe of similar size and shape to another. They may be made from a paper pattern, for which the orthotist will draw around the foot, or from a mould of the foot.

Standard insoles available from retail outlets will not be supplied by the service. However, the orthotist will provide advice on suitable products and where they can be purchased.

**N.B. It may be necessary to purchase new shoes to accommodate the insoles required.**

### Entitlement

**Adults:** two pairs of bespoke insoles will be provided when clinically appropriate which can be moved between footwear of same size and shape. Initially one pair of insoles will be made and fitted. If these prove beneficial a second pair will be made.

**Children:** due to growth, one pair of insoles will be provided and fitted. These will be replaced as the child grows.

### Repair and Replacement

The patient must contact the orthotic department when they think their insoles need repair (in some circumstances, depending on make of insole) or replacement.

There is no fixed time for renewal of insoles. They are replaced when necessary and subject to ongoing clinical need. If a paper pattern or cast is given to the patient on first supply, this should be brought to the orthotic department when a replacement is needed

**N.B. The patient must bring their insoles with them to their orthotic appointment.**