



Insole Fitting Guide

Covid-19

You have been issued with a pair of insoles to help your foot problem. It may take a while for you to become used to wearing them. Just as eyes must adapt to spectacles, your feet must adapt to the altered function offered by the insoles.

It is usual process for us to fit custom made insoles to check they are appropriate and fitted well before issuing. Given the current climate surrounding Covid-19 and closure of the hospital for elective / non-urgent cases we will not be fitting insoles until further notice. However, we will be posting out insoles for you to fit yourself and try at home.

Please read the following information on how to effectively fit and use your devices.

Fitting instructions

Insoles will only fit in sensible shoes. Footwear must be an enclosed shoe with a lace, Velcro, or buckle fastening with a flat base and no shaped inlay. Sandals and court shoes are not appropriate.

You can buy footwear with a removable inner-sole which can be removed and replaced with the insole we send you. It will fit inside the shoe more easily.

The sole of the shoe must have some flexibility but not be flimsy.

Footwear must have adequate width and depth to accommodate the insole.

When trying on shoes ensure that there is a fingers gap between the end of the longest toe and the end of the shoe.

The insoles will need to be checked to ensure they are the appropriate fit to your foot. The correct way to do this is press the insole up to your foot and check the shaping matches your

foot. (The device may have a dome or curve designed to offload a specific area, check this is a close fit)

The insole may need trimming slightly – with the insole against your foot, draw around your foot. Then remove the existing inner-sole within your shoe. Put it under your insole and draw round it. Check the outline of your shoe inner-shoe is not smaller than your foot. Then trim the inner-sole outline with scissors. (Please be careful not to trim the device too short as this would require the device to be sent back for re-manufacture)

If there are any issues with the devices and you cannot use them or they're painful please send the device back with instructions of what is wrong to the department. Please also feel free to draw on the device if you feel this will help with what changes you think is required.

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