

# A GUIDE TO WEARING INSOLES



**PEACOCKS** EST. 1903  
ORTHOTICS

## About Peacocks

**Founded in 1903**, Peacocks Medical Group have a wealth of experience both clinically and technically, for the manufacture and supply of orthotics including footwear, insoles, AFOs and more.

We are committed to customer care, quality and innovation and our experienced orthotists have a wide range of specialist skills covering all aspects of orthotics. Whilst our highly-skilled technicians use their experience and knowledge to manufacture orthotic devices which can improve our patient's lives.

Our quality system meets the requirements of BS EN ISO 9001:2015. All our products meet the requirements of The Medical Devices Regulations and are CE marked where appropriate.



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**You have been** prescribed insoles as a treatment for your foot condition. Sometimes insoles are also provided for knee pain. This guide is to make sure you obtain the very best use of the insoles and to ensure you know how to look after them.

**The insoles may change** the way you walk so you will need time to get used to them.

**Each day** gradually increase the time you have them in your shoes aiming for them to be in for the majority of the day within three weeks.

**If you do** find the insoles very uncomfortable at the end of the trial period, stop wearing them and contact the department where they were supplied for an appointment.

**It is essential** you choose footwear that allows a comfortable fit when the insole is in the shoe. Some shoes do have a removable insole that can be taken out and replaced with your new insoles.

**Don't forget: Take your insoles with you when purchasing new shoes.**

**It may be** that you need to have slightly larger or wider style of shoes so that you obtain a good fit with the insoles. Fashion shoes are usually unsuitable for your insoles.

**Your insoles** are designed to work for the majority of the day when you are busy. Keep your fashion shoes for the occasions when appearance is more important than comfort!

**In some circumstances** you may be advised not to wear fashion shoes. If in doubt please ask your Orthotist.

**The best style** of shoe is a low heeled shoe with either lacing or velcro fastening. A broad heel with a reasonably thick sole and soft leather upper will improve your comfort.



## Care of Insoles

**Remove** your insoles from the shoes at least once a week; brush off any debris and inspect for wear.

**Do not** put your insoles into the washing machine. The top surface can be wiped down unless it is leather in which case a suitable leather cleaner should be used.

**When your insoles** become badly worn, contact the department where they were supplied to enquire about a replacement. Always take the worn insoles with you as it is possible that they can be repaired and if not, how they have worn provides useful information for subsequent pairs.

**Should you have any doubt** about any aspects of your insoles, contact the Orthotic clinic and ask for an appointment.

**Spare pairs** of insoles may be purchased on a private basis if required, either by accessing our website [www.peacocks.net](http://www.peacocks.net) to download our private orthotic purchase form, or by requesting an order form from your orthotist.