

For further information please contact:

The Department of Podiatric Medicine
Clevedon Community Hospital
Old Street
Clevedon
North Somerset
BS21 6BS

For Weston, Winscombe, Worle & Yatton Clinics
Telephone: [01275 547 085](tel:01275547085) or

For Clevedon, Nailsea & Portishead Clinics
Telephone: [01275 342 285](tel:01275342285)



Complaints / PALS Information

Whether you want to complain, enquire or simply talk to someone about your concerns, we are here to help and support you.

North Somerset Community Partnership Patient Advice & Liaison Service (PALS) Office can be contacted at:

Patient Advice & Liaison Service (PALS)
North Somerset Community Partnership
Castlewood POX Box 237
Tickenham Road
Clevedon
North Somerset
BS21 9AX

Freephone: 0800 389 5260

Email: nscp.pals@nsomersetcp-cic.nhs.uk

If you require this leaflet in large print, braille, audio format or in another language please contact the Patient Advice and Liaison Service. (PALS) Please contact us on the freephone number or email address above. We are pleased to offer a telephone interpreting service. For further details on how to access this service, please contact PALS using the details above.

Patient information leaflets are available for all services provided by North Somerset Community Partnership. Please ask your health care professional. North Somerset Community Partnership is committed to Equality and Diversity for both staff and those who use our services.



Updated Mar 2014



Taking Care of your Feet

A guide to the use and care of orthoses

Department of Podiatric Medicine



What are foot Orthoses?

These are devices used to manage foot, lower limb and back problems. They will either protect areas of the foot or improve the way the foot works.

How do I look after my Orthoses?

Good foot hygiene is important for your foot health and can dramatically increase the life span of your orthoses.

- Inspect, then wash and gently dry your feet on a daily basis.
- Use clean hosiery daily.
- If your orthoses become wet, remove, wipe with an absorbent cloth and allow to dry naturally.
- Wipe your orthoses with a damp cloth occasionally to keep the orthoses clean.

What footwear should I wear with my Orthoses?

Generally, shoes which fasten up, have a low heel and which are wide enough for your feet are suitable. Orthoses take up room inside shoes so the following features would be beneficial:

- Broad deep uppers and rounded (not pointed) toes boxes.
- Soft, flexible upper material. Avoid seams over problem toe areas.
- Laced, strapped or Velcro fastenings.
- Low, wide heels.
- Removal insoles. This will allow more room in your shoe if thicker orthoses are to be used.

Orthoses may not be provided if your footwear is unsuitable. Inappropriate footwear may compromise the effectiveness of orthoses and can lead to the development of additional foot problems.



When should I wear my Orthoses?

It is important that when orthoses are issued, they are broken in gradually. This means building up the wear by an hour each day. On the day of issuing, wear for 1 hour then remove or swap shoes. Day 2 wear for 2 hours, day 3 wear for 3 hours etc. Once the orthoses can be worn for 8 hours comfortably, they can be worn all the time. If the orthoses cannot be tolerated at all – cease wearing and remove.

Stop wearing them immediately if:

- Associated aches and pains are severe and prolonged or your original problem worsens.
- You develop marked irritation (e.g. blisters).
- You have problems with balance or stability.

Simple orthoses should be worn whenever possible or as described by the Podiatrist.

Make sure they are in the correct shoes. They should be marked for left and right shoes by the Podiatrist.

Only wear them with the recommended footwear styles.

Do not cut or trim orthoses unless advised to.

Discuss any problems at your next Podiatry appointment or contact the Podiatry Office for advice

When attending a Podiatry appointment always bring recommended footwear styles and any Orthoses that have been issued to you (including any you have had to stop wearing).

Please discuss any problems with associated footwear or orthoses with the duty Podiatrist.

The provision of orthoses and advice on suitable footwear styles will be discussed at your Podiatry assessment and will form part of your treatment plan.

Failure to comply with your treatment plan can compromise its effectiveness and may result in discharge from the service.

General Information

Podiatrists have completed 3 – 4 years full time study at a School of Podiatric Medicine registered with the Health Professionals Council.