

Orthotics

A Guide to your Functional Foot Orthosis

Introduction

You have been provided with a Functional Foot Orthosis (FFO), or insole, which has been specifically designed for your requirements.

The FFO is designed to influence your joint mechanics by:

- Preventing excessive joint motion
- Correcting a joint position
- Evenly distributing pressures
- Accommodating foot shape

FFOs aim to reduce pain and allow you to maintain an active lifestyle by addressing your specific symptoms. As FFOs directly influence the way your joints in the foot and ankle behave, they may feel strange; they may also cause mild discomfort and this can be common following initial use. This should ease as you gradually wear in your insoles.

Wear time

You should gradually increase the wear time with your FFOs to allow your skin to adjust to the pressures applied to it.

Below is a guideline to build up use:

- Day 1 Up to 1 Hour
- Day 2 1-2 Hours
- Day 3 2-3 Hours



Patient Information

- Day 4 3-4 Hours
- Day 5 4-5 Hours
- Day 6 5-6 Hours
- Day 7 6-8 Hours

If your FFOs become uncomfortable and painful, discontinue use. If the pain persists then seek advice from the Orthotics department.

Footwear

When selecting shoes to wear with your FFOs, look for the following features:

- Enclosed heel and toe
- Secure lace or velcro fastening
- Removable insole
- Heel height recommended by your Orthotist

It is important to select supportive shoes which are comfortable to maximise the benefits of the insoles.

Skin care

It is important to **check your skin regularly for any signs of marking or redness**. If red marks persist for longer than 30 minutes or if the skin breaks down, discontinue use of the FFOs and seek a review with your Orthotist.

It is particularly important to check your skin daily if you have reduced sensation.

Caring for your FFO

You can clean your FFOs with a damp cloth. Do not dry over a heat source as this may deform the shape of the material. FFOs will become worn with use and their longevity varies between individuals. If your symptoms recur or the insoles become uncomfortable, this may indicate you require a new pair.

Patient Information

Review

Following the fitting of your FFOs, your Orthotist may wish to review your progress; however, this is not always necessary. **It will be your responsibility to contact the department and request a review** if any issues arise or if you require replacement insoles.

Further Information

If you have any more questions or require further information, please contact the Surgical Appliances department using the details below.

Coventry

Surgical Appliances Department
University Hospital Coventry and Warwickshire
Clifford Bridge Road
Walsgrave
Coventry
CV2 2DX
Telephone number: 02476 966035

Opening Times

Monday – Thursday 08:30 – 16:30
Friday 08:00 – 16:00
Closed Bank Holidays

Rugby

Surgical Appliances Department
Rugby St Cross Hospital
Barby Road
Rugby
CV22 5PX
Telephone number: 01788 572831

Patient Information

Opening Times

Monday – Wednesday 08:30 – 16:30

Closed Bank Holidays

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact the Surgical Appliances department using the details above and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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