

Trauma and Orthopaedics

Functional foot orthosis

You have been provided with a functional foot orthosis (FFO), also called an insole. This insole was specifically designed for your requirements.

The functional foot orthosis will reduce pain and allow you to maintain an active lifestyle by addressing your symptoms.

The FFO is designed to influence your joint mechanics by:

- preventing excessive joint motion
- correcting a joint position
- evenly distributing pressures
- accommodating foot shape

As FFOs directly influence the way your joints in the foot and ankle behave, they may feel strange. They may also cause mild discomfort - this can be common when you first use the insoles. This discomfort should ease as you wear in your insoles.

Wear time

Increase the time you spend wearing your insoles gradually. This allows your skin to adjust to the pressures applied to it.

Start by only wearing the insole for up to 30 minutes on the first day, with low to moderate activity levels.



Patient Information

Increase the wearing time each day, by an extra 30 minutes to 1 hour, until you are comfortable wearing the FFO all day. Also, increase your activity level each day during this transition period.

If you experience any pain or discomfort, remove the FFO for 2 to 4 hours, and then try again. If pain persists, stop wearing the FFO and contact the department.

Footwear

When choosing shoes to wear with your insoles, look for the following features:

- enclosed heel and toe
- secure lace or Velcro fastening
- removable insole
- heel height recommended by your orthotist

It's important to select supportive, comfortable shoes to maximise the benefits of the insoles.

Skin care

Check your skin often for any signs of marking or redness. If red marks last for longer than 30 minutes or if the skin breaks down, stop using the FFOs and seek a review with your Orthotist.

Check your skin daily if you have reduced sensation.

Caring for your FFO

Clean your FFOs with a damp cloth. Do not dry your insole 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, you may need a new pair of insoles.

Patient Information

Review

After the fitting of your FFOs, your Orthotist may wish to review your progress. But a review is not always needed.

Contact the department and request a review if you have any issues or if you need replacement insoles.

More information

If you have any more questions or would like more information, contact the Orthotic department using the details below.

Coventry

Orthotics/ Surgical Appliances Department
University Hospital Coventry and Warwickshire
Clifford Bridge Road
Walsgrave
Coventry
CV2 2DX

Telephone number: 024 7696 6035
Monday to Thursday, 8:30am – 4:30pm
Friday, 8am – 4pm
Closed Bank Holidays

Rugby

Orthotics/ Surgical Appliances Department
Rugby St Cross Hospital
Barby Road
Rugby
CV22 5PX
Telephone number: 024 7696 6035

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6035. We will do our best to meet your needs.

The Trust operates a smokefree policy.

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Document History	
Department:	Trauma and Orthopaedics
Contact:	26305
Updated:	June 2024
Review:	June 2026
Version:	2
Reference:	HIC/LFT/2091/17