

Functional Foot Orthoses (Insoles)

What are Functional Foot Orthoses (FFOs)

Functional foot orthoses are specially designed insoles that are placed inside your shoes to help improve the function of your foot.

They may be prescribed to help with pain in your foot or ankle and, in some cases, for discomfort in your knees or hips.

Your insoles are designed to reduce stress through painful areas and support comfortable movement and activities.

Please note that these insoles are **not corrective** but are intended to help manage symptoms and improve function.



Getting Used to Your Insoles

Like contact lenses or glasses, prescription insoles can take time to get used to. You may notice pressure in new areas of your feet – this is normal as your body adapts.

You will only benefit from your insoles if you **wear them regularly**.

Breaking in Your Insoles

It is important to **build up your wearing time gradually**:

- Day 1 – wear for 1 hour
- Day 2 – wear for 2 hours
- Increase by one hour each day until you can wear them comfortably for a full day

If your insoles cause discomfort during the break-in period, stop wearing them for the rest of the day and try again the following day.

If discomfort or pain persists after **3-4 weeks**, please contact the Orthotics Department.

Footwear Selection

To get the best results from your insoles, please consider the following when choosing footwear:

- Choose **strong, supportive shoes**
- Always **take your insoles** with you when buying new shoes
- **Lace-up or Velcro fastenings** are preferred to keep the insole secure
- A **removable inlay** provides extra room for your insole
- Keep the **heel height below 2.5cm** – higher heels can prevent your insoles from working effectively



Insole Information
Video

[Watch an insole information video.](#)

Caring for Your Insoles

Your insoles should be cleaned by wiping them down with a damp cloth and mild soap. Please avoid fully submerging your insoles in water as this may damage the insoles.

The should then be left to air dry away from direct heat sources, such as radiators.

When to Contact the Department

Please contact the Orthotics Department if:

- Discomfort or pain continues after 3-4 weeks of use
- Your insoles become damaged or worn
- You notice any redness, rubbing, or skin irritation that does not settle
- There is no reduction in your symptoms within 4-6 weeks of wearing the insoles

Contact Details

Orthotics Department – Outpatients Zone 1, Clinic 7

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🕒 Opening hours:

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