

Service:
Bristol Centre for Enablement

A guide to your functional foot orthosis



Exceptional healthcare, personally delivered

Functional Foot Orthosis

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

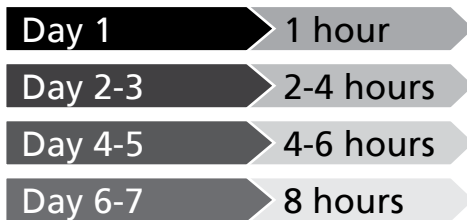
FFOs aim to reduce pain and allow you to maintain an active lifestyle by addressing your specific symptoms.

As FFOs directly influence your biomechanics, they may feel strange and mild discomfort 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:



If your FFOs become uncomfortable, 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 30mins 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.

Review

Following the fitting of your FFOs, your Orthotist may wish to review your progress.

It will be your responsibility to contact the department and request a review if any issues arise or if you require replacement insoles.

If you are an adult then your Orthotist will aim to provide two pairs of FFOs at any one time. A second pair will only be provided once you and your Orthotist are happy with your first pair. A follow-up appointment may be required.

**PATIENT
APPROVED** 

Your Orthotist is:

If you have any queries or require a review,
please contact the Orthotics department at:



**Bristol Centre for Enablement
Highwood Pavilions
Jupiter Road
Patchway
BS34 5BW**



0300 300 0110



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www.nbt.nhs.uk/orthotics

If you or the individual you are caring for need support reading
this leaflet please ask a member of staff for advice.

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