

# Your child's insoles

**This information is about your child's insoles. If you have any questions, please speak to a doctor or nurse caring for your child.**

## About your child's insoles

An insole is designed to control, re-align or support the foot and ankle to help reduce pain and discomfort during walking and other activities.

The problems your child is having may not be in their feet. But we can gain a better control of the other major joints in their legs and back by controlling the feet.

## Footwear you can wear with insoles

Your child will need to wear suitable footwear to control the position of their insoles so that they can gain better control of their feet.

Suitable footwear includes:

- enclosed shoes or boots
- footwear with a good fastening section
- footwear without high or raised heels

Sandals or slippers are not suitable.

Some shoes and boots come with their own insoles. You should remove these before putting custom-made insoles in.

## How to wear the insoles

1. Place the insoles inside your child's shoes. Make sure the insoles are touching the back of their shoes.
2. Make sure the arch support is directly underneath the arch of their foot.

## When to wear the insoles

We advise having a gradual 'breaking-in' period. Try to build up your child's wearing time until they are comfortable. We recommend gradually increasing wear over 2 weeks before wearing the insoles full time.

Your child may get some stretching sensations and discomfort in the major joints of their lower back and legs during the 'breaking-in' period, and in the first few weeks of usage. This is normal as their body is trying to adapt to a new posture. If this does happen, they should stop using the insoles for the day and wear them again the next day. If the discomfort continues for more than a week, please contact the orthotics service.

At first your child should wear their insoles for short periods of time around your home, checking for any problems such as redness caused by rubbing or pressure. If this happens, you should contact your child's orthotist immediately.

When your child's insoles are broken in, they should try to use them as directed by the orthotist. This is particularly important when walking long distances and during sports activities. It may take up to a few months to know whether the insoles are helping, so you do need to give them time.

You may want to tell your child's class and P.E. teacher that your child needs to wear insoles.

## Care instructions

### Do

- make sure your child wears the insoles as instructed by their orthotist
- make sure your child checks their skin after wearing their insoles. You might want to help them with this
- regularly clean the insoles by wiping top of the insole with slightly damp cloth. Towel dry or air-dry the insole
- make sure your child wears their insoles within suitable footwear
- check the insoles regularly for signs of wear, such as tears, splints or creases
- make sure your child wears a cotton sock or hosiery when using the insoles

### Don't

- do not place the insoles near sources of heat or extreme cold
- do not attempt to adjust or modify the insole
- do not soak or put the insole in a washing machine
- do not give the insoles to someone else. They are made specifically for your child

Mark your child's insoles left and right to help reduce confusion when exchanging between footwear.

You should also label your child's insoles with their name to reduce the chance of theft.

## Important information

Close-fitting insoles may cause mild redness to the skin where corrective pressure is applied. This is normal, however if you notice any of the following, please contact the orthotics service immediately:

- skin redness lasting longer than 30 minutes
- skin breakdown (such as, sores or blisters)
- pain, irritation or rubbing

## Replacing your child's insoles

Your child may have regular review appointments. The service will contact you to arrange a review appointment as needed.

The insoles will be replaced if they become worn. If your child feels that their insoles have become less supportive or they become outgrown, please contact the service.

## Contact us

If you have any questions or concerns about your child's insoles please contact the orthotics service that their appointment is with:

If your child is a patient at **Bowley Close regional rehabilitation centre, Sunshine House**, or **Mary Sheridan Centre** **phone** 020 3039 7776 or **email** [gst-tr.gsttorthoticreferrals@nhs.net](mailto:gst-tr.gsttorthoticreferrals@nhs.net)

If your child is a patient at **King's College Hospital** **phone** 020 3299 3646, **email** [gst-tr.orthoticreferral@nhs.net](mailto:gst-tr.orthoticreferral@nhs.net)

Your appointment letter will tell you who your appointment is with, and where to go for your child's appointment.

## Evelina London medicines helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm **email** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk). To make a complaint, contact the resolution department **phone** 020 7188 3514 **email** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your child's care in a different language or format, please contact the department where they have the appointment.

## NHS 111

This service offers medical help and advice from fully trained advisers. They are supported by experienced nurses and paramedics. The service is available by phone 24 hours a day, **phone** 111 **web** [www.111.nhs.uk](http://www.111.nhs.uk) (111 online is for people aged 5 or over, and you need to call 111 to get help for a child under 5)

## NHS website

This website gives information and guidance on all aspects of health and healthcare. It can help you to take care of your child's health and wellbeing, **web** [www.nhs.uk](http://www.nhs.uk)



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