

Information for patients

# Functional Foot Orthoses



RJAH  
**Orthotics**

## Functional Foot Orthoses FFOs

FFOs are prescribed for a number of reasons, these include:

- To limit or stop abnormal motion
- To re-define a foot shape
- To increase range of motion that is otherwise limited
- To provide support to weakened or weakening joints, tendons or ligaments
- To provide protection

Your FFOs are designed to provide support and comfort and are prescribed and manufactured for your specific needs.

## When Should I Wear My FFOs?

You need to give yourself time to get used to your orthoses. Break them in gradually, increase wear by about one hour each day until the devices are comfortable.

Once they have been broken in you should aim to wear them as much as possible to ensure control and support. It is normal for the muscles or joints in your legs to ache when you start wearing your FFOs. This is because we are changing the position of your feet and the direction that the muscles, tendons and ligaments are working.

It is normal for there to be some red marking of the skin when you stop wearing your FFOs. This should disappear within around 30mins or so. It is also normal to build up a little hard skin, so long as this is not excessive it is nothing to worry about.

## Caution!

Blisters can occur, if so stop wearing the devices until the skin heals. Once healed the new skin should be more pressure tolerant. If there are persistent red marks or blistering, contact the department. Ensure you are comfortable in the devices before driving or using them for sports.

## Footwear

Your FFOs should preferably be worn in footwear with a fastening, i.e. lace or hook and loop fastening straps. This will improve control by helping to hold your foot onto the orthoses. Avoid shoes with open heels or heels over 2.5 cm (one inch). Unsupportive shoes such as sandals or slippers may completely negate the value of the orthoses. Most footwear has removable inlays; these can be taken out and replaced with your FFOs should you need extra depth and room to accommodate the devices. Ensure your FFO's are right to the back of the shoe when you put them on.

## Care

Please keep your FFOs well maintained:

- Do not wash them but if they don't have a lining you can sponge them down with water
- Keep them away from direct heat
- Keep them away from pets

- If the lining of your orthoses comes away drop them into the Orthotic department for repair
- Please do not try to adapt the orthoses yourself
- Your FFOs are prescribed for you and shouldn't be given to anyone else as this could cause them problems.

## What Happens Next?

Once we are sure your FFOs are right for you we will maintain them and carry out repairs as necessary, e.g. replace worn covers. Once beyond repair we will provide you with a new pair. A second pair may be purchased privately or will be provided in certain circumstances due to clinical need. Please contact the department regarding this. Should you have any queries regarding your FFOs please do not hesitate to contact us on **01691 404442**

We provide the clinical service for orthotics at The Robert Jones and Agnes Hunt Orthopaedic Hospital, Oswestry, The Royal Shrewsbury Hospital and The Princess Royal Hospital, Telford. Please find the relevant contact details below.

**Please only contact the department where you are due to have an appointment or have already been seen, other sites will not be able to deal with your enquiry and you will be asked to ring the appropriate hospital.**

**The Robert Jones and Agnes Hunt Orthopaedic Hospital / Tel: **01691 404442****

Below are the opening times for the department for dropping off/collecting footwear and appliances.

### RECEPTION OPENING TIMES

Monday – Thursday, 8.15am – 5pm

Friday, 8.15am – 4.45pm

### GENERAL ENQUIRIES

Monday – Thursday, 8.45am – 5pm

Friday, 8.45am – 4pm

**The Royal Shrewsbury Hospital / Tel: **01743 261000** Ext: **3701****

Monday – Thursday, 9am – 4pm

Friday, 8.30am – 3pm

**The Princess Royal Hospital / Tel: **01952 641222** Ext: **4224****

Monday – Thursday, 9am – 4pm

Friday, 9am – 12.30pm

**ALL SITES ARE CLOSED FOR LUNCH 12.30PM – 1.15PM**

**Please note we are only able to offer appointments at the site you have been referred to by your consultant/G.P. even if this isn't the most local to your home address.**

## If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: [rjah.pals.office@nhs.net](mailto:rjah.pals.office@nhs.net)

## Feedback

Tell us what you think of our patient information leaflet.  
Please send your comments to the Patient Advice and Liaison Service (PALS) email: [rjah.pals.office@nhs.net](mailto:rjah.pals.office@nhs.net)

Please note that any device supplied by the Orthotics Department is property of the Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust and should be returned to the department upon the end of its use unless advised otherwise. Do not dispose of any devices until they have been inspected by a member of the Orthotics team, or unless you have been informed to do so by a member of the team. In the event of loss or damage beyond expected wear, you may be asked to pay a replacement fee.

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