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Date of publication: June 2026
Date of review: June 2029
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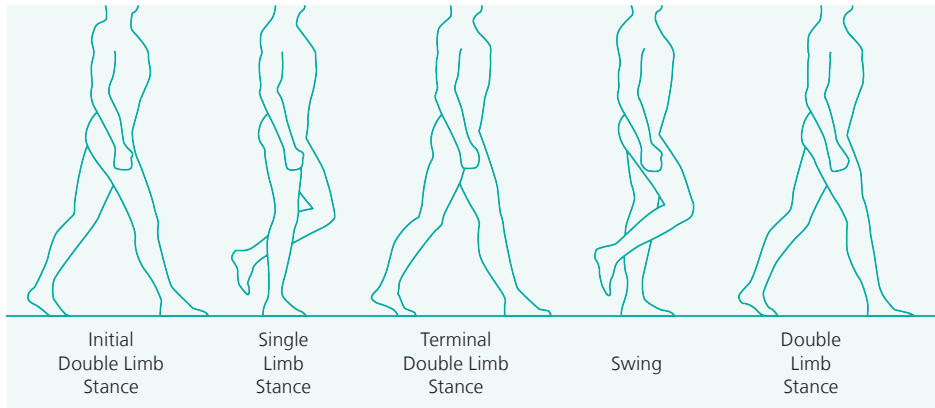
Information for patients Foot Orthoses



Musculoskeletal Service Shropshire & Telford (MSST)

(formerly Shropshire Orthopaedic Outreach Service 'SOOS'
/Telford Musculoskeletal Service TeMS)

Gait cycle



When Your Feet Hurt

Feet can hurt for a number of reasons but the most common reason is from the misalignment of the joints in the foot and leg.

The end result is pain and problems with:

- Corns and callous
- Painful joints in the foot
- Knee pain, hip pain, back pain
- Deformity of the foot e.g. hammer toes

During each step you take, your foot has to adapt to the ground by increasing its mobility. We take on average between 5,000 and 10,000 steps each day, loading 1½ times our body weight through each foot at every step.

Excessive mobility can place additional stress on the foot and certain orthotics can help to reduce this mobility and stress. Efficient walking also requires the foot to transition from mobile to more rigid. This aids propulsion.

Too much rigidity though can compromise shock absorption and orthotics with different materials and contours help improve this.

What footwear is required?

You should try to wear them in shoes which have a high enough back to stop your foot slipping out. If the orthosis squeak then some talcum powder will help.

Trainers are good to accommodate orthoses.

What about running?

If you intend to run on your orthoses then you may need to have a different type. Normal everyday orthoses are much firmer to hold the foot but in running it is best to have an orthoses that allows more foot movement and shock absorption. Discuss this with your clinician.



How long do they last?

Most orthoses with moderate wear should last about 18 to 24 months before the heel post needs to be replaced or any soft covers need refurbishing.

How much do they cost?

Foot orthoses can cost the NHS anything in the region of £25 to £150. Usually if a cast has been taken of the foot, the cost is at the mid to upper limit. It is for this reason that we ask you to take very good care of the devices and report any fitting problems to your clinician if you are unable to wear them.

The NHS will only replace if your prescription needs have changed or if a child – have grown out of them. If a second pair is required, e.g. for convenience, these can be purchased. Please ask you clinician what the cost will be as usually we add a £25 administration charge in addition to the cost of the devices.

Prescribing Podiatrist:

Contact

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