



Northumbria Healthcare
NHS Foundation Trust

Insole information for people with Diabetes

Issued by Northumbria Diabetes Service



Introduction

This leaflet has been produced for people with diabetes who have been given an insole to wear in their own footwear. You and the podiatrist/orthotist have already discussed the options and agree that this is one choice available to you.

- The benefit of wearing this insole is that it will help to protect your feet from excessive pressure or accommodate unusual shaped feet.
- It must be worn in appropriate footwear to reduce the risk of injury to your feet.

Suitable footwear

Suitable footwear which will accommodate an insole should:

- Be in good state of repair
- Have soft leather, or breathable fabric uppers which conform to the shape of the foot
- Have a long, broad and deep toe box, which fits well and doesn't rub the toes.
- Fastenings should be adjustable e.g. laces, buckle or Velcro™ strap to prevent the foot from sliding forward
- The inner linings should be smooth with no rough seams or sticking.
- The heel should have a broad base and be no higher than 4cm (1½ inches)
- They should be lightweight, flexible and have a shock absorbing sole.

If buying new shoes, have both feet measured by a qualified shoe fitter. If you already have insoles, please take them with you to try in the new shoes.

Wear gradually at first

Your insoles should be worn for short periods at first.

- For the first week wear your insoles in your shoes for 30 minutes each day then take your socks and shoes off and check your feet.
- After the first week gradually increase the length of time you wear your insoles by 1-2 hours daily until you can wear them all day.

Check feet

- Due to your diabetes you may have loss of feeling or reduced blood supply to your feet. This makes your feet more at risk of injury.
- Each time you take your shoes off, check your feet for any signs of injury such as blisters, cuts, redness or swelling.
- If you find any changes, or the insole causes pain, you should stop wearing your insoles immediately and contact the podiatry department for an appointment.

Check insoles

- Check insoles regularly for wear and tear e.g. splits or creasing.
- If damaged tell your podiatrist at your next visit

Care of your insoles

- Wipe top of insole with slightly damp cloth regularly – do not soak or put in washing machine.

Contact Information

Should you need help or advice, contact the Podiatry Department at:-

North Tyneside General Hospital

Diabetes Main Reception: 0191 293 2705

Wansbeck General Hospital

Diabetes Team Office:

01670 529 368

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

PIN 466/V1

Review date: August 2021

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