

# Your Bespoke Foot Orthoses – What They Are and How to Use Them

Patient Information | MM Podiatry & Orthotics

---

## What are bespoke orthoses?

Bespoke foot orthoses are custom-made insoles designed specifically for your feet, your footwear, and your activities. They are prescribed by a health professional after an assessment and usually made from a 3D scan or impression of your feet.

**Their job is to change how forces pass through your feet and legs so that sore, irritated tissues are protected and can recover.**

---

## Why have I been given them?

You might have been prescribed bespoke orthoses if you have:

- Ongoing heel pain or plantar fasciitis
- Tendon problems (for example along the inside or outside of the ankle)
- Pain at the ball of the foot or toes
- Arthritis in the foot or ankle
- Recurrent overuse injuries linked to how your foot loads
- Difficulty tolerating off-the-shelf insoles or footwear

**Your orthoses are part of a wider treatment plan**, which may also include exercises, changes to footwear, and advice about your activity levels.

---

## How do they work?

Orthoses do not "straighten" bones or permanently change your foot shape. Instead, they:

- Redistribute pressure away from sensitive areas
- Support or guide certain joints to reduce strain
- Help tendons, ligaments, and joints work in a more comfortable zone
- Make it easier to do the exercises and activities your clinician has recommended

Some people feel an immediate improvement. For others, changes are more gradual as tissues settle and strength improves.

---

## What they don't do

It is important to know that:

- Orthoses are not a magic cure on their own
  - They work best when you follow the full plan discussed with your clinician (including exercises and footwear advice)
  - They do not usually need to be worn in bed or when you are not on your feet, unless you have been given specific instructions
- 

## How long will they last?

With normal use, well-made bespoke orthoses often last **several years**. Covers and top layers may wear sooner and can be replaced without remaking the whole device.

**Your clinician will advise when a review or replacement is sensible.**

---

# Questions?

If you have any concerns about your orthoses or how they feel, please contact your clinician. Most issues can be resolved with simple adjustments.

---

**MM Podiatry & Orthotics | Founded and run by working MSK clinicians**

[www.mmpodiatryandorthotics.co.uk](http://www.mmpodiatryandorthotics.co.uk)