

Insole advice for children seen at Vbranch House or Honeylands

You have been given a pair of insoles for your child. These are used to assist mobility with the aim of either reducing pain or increasing stability. They are otherwise known as 'Orthoses' or 'Orthotics'.

Please allow your child to get used to the insoles gradually over the next 2-3 weeks, beginning with one hour's wear on the first day, two hours' wear the next day, and so on.

We will provide one pair of insoles until they are either outgrown or worn out. They will last up to two shoe sizes of growth from the time they are issued. The information below tells you what to do when replacements are needed.

What happens next

Your child will need to trial the insoles, and follow any advice provided by your Physiotherapist for up to three months.

If your child's symptoms do not improve within this three month period, please contact your Physiotherapist for a review appointment if you do not already have one scheduled.

Vbranch House Reception **01392 468558**

Honeylands Reception..... **01392 467473**

When new insoles are needed

If you have been discharged from Vbranch House or Honeylands Physiotherapy then any future appointments regarding Orthotics will take place at Exeter Mobility Centre (EMC).

If you have been discharged from Physiotherapy, and replacement insoles are needed or there are problems with the insoles you have, please contact EMC on **01392 403649**.

However, if you are still under the care of a Physiotherapist at either Honeylands or Vbranch House School, please contact your Physiotherapist for further advice.

Exeter Mobility Centre is part of the Royal Devon and Exeter Hospital but is separate to the main site and has its own parking. The address is:

Exeter Mobility Centre
Lister Close
Off Wonford Road
Exeter
EX2 4DU

Tel: **01392 403649**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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