

Q&A

1. When will my orthosis be ready?

A: Since the orthosis is tailor-made and involves much manual work, the insole is ready in 2-3 weeks after casting. If urgent, please contact the Orthotist for special arrangement.

2. Do I need to make appointment?

A: Yes, you need to make appointment for consultation. Please refer to our contact information in this pamphlet.

3. Is doctor's referral letter necessary?

A: No, you don't have to present a referral letter for custom-made foot orthosis. However, doctor's referral may facilitate the arrangement.

4. Do I need to wear bigger shoes after using the orthosis?

A: You are advised to bring along 2-3 pairs of your shoes for the first consultation so that the Orthotist can study your shoe-wearing habit before designing the foot orthosis. In most cases, our patients do not need to wear bigger shoes after applying the insole.

5. How long can the foot orthosis last?

A: In general, foot orthosis can last for 1-5 years. Long-term use may lead to material deterioration and deformation. You are advised to have annual or biennial follow-up to ensure the foot orthosis is in good order.



物理醫學部 及復康科 Department of Physical Medicine and Rehabilitation

For enquiries and appointments,
please contact us at:

Prosthetic & Orthotic Services

2/F, Central Block
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2 Village Road, Happy Valley, Hong Kong

Tel: 2835 8648
Fax: 2892 7518
Email: prosthetic@hksh-hospital.com

Service Hours (By appointment only)

Monday to Friday: 10:00 am - 6:00 pm
Saturday: 11:00 am - 3:00 pm
Closed on Sundays and Public Holidays

www.hksh-hospital.com

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Custom-made Foot Orthosis (Insole) Service



養和醫院
Hong Kong Sanatorium & Hospital

義肢及矯形服務
Prosthetic & Orthotic Services

Hong Kong Sanatorium & Hospital introduced custom-made foot orthosis (insole) service in 2004. Our professional Orthotist provides a full range of foot assessments and analyses, and make individualised foot orthoses for patients with different foot problems or syndromes.

We all have different foot shapes. Ready-made insoles could only provide support and cushioning effect with a mould accommodating general foot shapes. Tailor-made insole is designed according to individual needs after professional diagnosis. It can provide better support and relief.

Common Foot Problems

- Flat Feet
- High Arch Feet
- Hallux Valgus
- Genu Valgum, also known as “X-Knee”
- Genu Varum, also known as “O-Knee”
- Heel Spur
- Plantar Fasciitis
- Forefoot Pain
- Diabetic Foot
- Leg Length Discrepancy
- Other common Foot Problems

How to Order?

1. Phone appointment
2. Consultation and foot assessment
3. Casting and order of orthotic
4. Fitting of orthoses



Products

Our custom-made foot orthoses are divided into six different types:



1. Basic type – Provide comprehensive support and shock absorption for foot protection
2. Sport type – Provide extra flexibility and shock absorbing power
3. Leather shoe type – With thinner material which occupies less shoe space
4. Heel shoe type – With a special S-shaped design and thinner material which occupies minimal shoe space
5. Soft accommodative type – Specially designed for patients with diabetic foot and high plantar pressure sensitivity. It provides protection with soft and comfortable materials
6. High control pediatric insole – High profile design provides better foot alignment control for pediatric clients