

## “Simple” Insoles

The best orthotics are undoubtedly those that are made especially for you by a Podiatrist. However, not everyone requires a bespoke device and so before committing to that you may like to experiment with “over the counter” insoles first.

All insoles take up space in a shoe and so it is best to use them in, for example, a trainer with the laces loosened. Trying to fit a painful and possibly swollen foot plus even a thin orthotic into a slip on shoe will simply make things worse. Slip on shoes only stay on the foot because they are tight around the toes. Laces and straps over

The internet (and chemist shops) have a bewildering array of foot-care goods for sale. We do not endorse any particular brand but can we supply the gel types listed below.

### Long or ¾ length?

Full length insoles take up more space in the front of the shoe, but since they cannot easily slip about the built in supportive bump will always remain under the correct part of the foot.

¾ length insoles are less bulky and do not push the toes up against the top of the shoe. They are useful therefore if your toes are already curled up. If using this type, ensure that the insole does not slip forward, or else the built in bump will be under the wrong part of the foot.

Many patients choose to have a pair of each.

#### Original Full length Insoles:

- 09 134 9497 size 3- 4
- 09 134 9505 size 4 – 5
- 09 134 9513 size 6 – 7
- 09 134 9521 size 7 – 8
- 09 134 9539 size 9 -10
- 09 134 9547 size 10+

#### Original ¾ Length Insoles:

- 09 134 9463 size 2- 5
- 09 134 9471 size 6 – 8
- 09 134 9489 size 9+



TO ORDER A PAIR:

Contact 01483-577456

Ask for Gel insoles

Price includes P&P

### Podiatry Referral

If you try these insoles, find that they help and would like to see a specialist Podiatry colleague for a more permanent pair then please ask for a referral. You are advised to investigate the costs and to check with your Insurance company whether they will cover any of these (sadly the answer is usually “No”).