



Suffolk Podiatry

Buying insoles to help your foot pain

Various types of insoles are readily available and these may help with your foot pain. Expect to pay between £5 and £65. We cannot recommend specific insoles but can give you more general advice on the sort of insoles that might help common foot conditions. Insoles are easy to find in outdoor clothing shops (walking section), pharmacies or online.

Listed below are some top tips to help you get the best results from shop-bought insoles.

Check you have the best footwear and lifestyle for your feet

Changing your shoes to something more 'trainer-like' is sometimes all that is needed for your feet to feel more comfortable. For advice see the Suffolk Podiatry website at www.suffolkfed.org.uk

Lifestyle factors can have a big impact on foot comfort, particularly being overweight.



OneLife Suffolk provides education and help with healthy eating and exercise. If you would like to get in touch with them, you can do this by telephone on: 01473 718193

If heel pain is your main concern, you may also find it helpful to look at the Heel Pain Stretching Advice and Calf Muscle Stretching Advice sheets on our website.

Cushioning Insoles for general foot pain



For heel cushioning, try ribbed heel cups e.g. "Tuli's" or a "sorbothane" heel pad.

If you find the heel cups slip, try the "Tuli's Cheetah" (an ankle wrap with the heel cup built-in).



For cushioning of the full length of the foot, try gel insoles, sorbothane full length insoles or something similar e.g. "Sofsole" or "X-line Pressure Perfects" (pictured here)



6mm poron cushioning insoles cushion the feet well. Can be purchased from www.shoeinsoles.co.uk



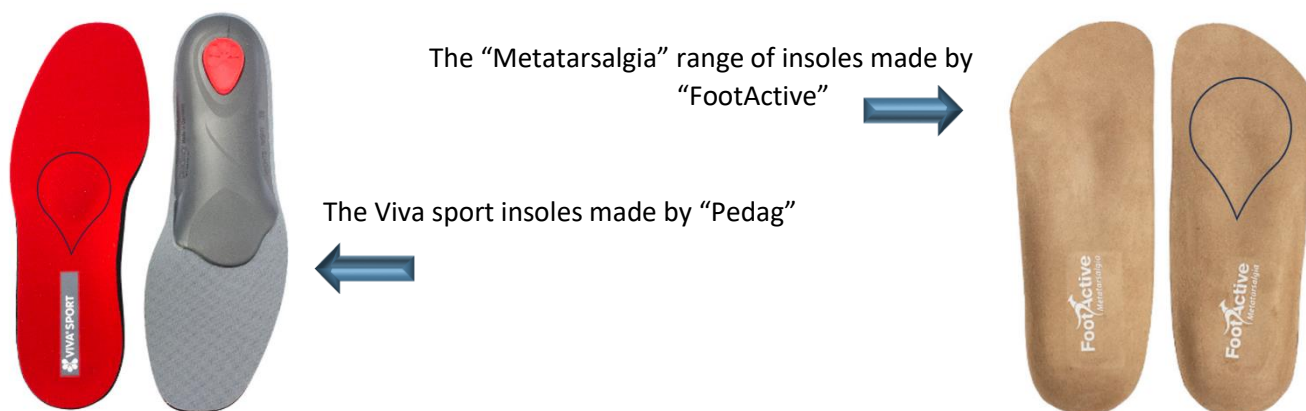
If you feel you need firm support for your arches, you could try insoles of the "Superfeets" or "Orthaheels" type.



Insoles for Forefoot Pain

To reduce forefoot pain, it is important to wear shoes that have a secure fastening high up on the foot so that your foot is kept stable and your toes have plenty of room.

Metatarsal pads are teardrop-shaped pads that can help divert pressure away from the ball of the foot. Insoles incorporating a metatarsal pad are a little harder to find but some examples are:



It is possible to purchase metatarsal pads separately however correct positioning of these can be difficult, you may want to consider seeing a private podiatrist for this. Please also see the *Forefoot Pain* leaflet on our website.

Insoles for painful big toe joints

If you can still bend your big toe joint, the pain may be helped by insoles where you can remove a section to enable the big toe joint to drop down slightly e.g. the "Vasyli Dananberg orthotic".



If you are certain your big toe joint is completely stiff with no bend at all, then try an insole such as the "Dr Foot Pro Hallux Rigidus"

You could try purchasing a carbon fibre "morton's extension" which will act as a splint, preventing the toe from bending and encouraging the joint to fuse. (This is best used with a shoe that has a curved sole).



IMPORTANT

Insoles should help your feet feel more comfortable—if they make your feet worse or cause pain elsewhere, stop using them and seek further advice (either with a podiatrist or other healthcare professional). For additional advice have a look at the Royal College of Podiatry website for "common foot problems". Further useful information can be found on the NHS website under "foot pain".

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