

How to Fit your Insoles/Orthotics ?

Below are examples of different orthotics you may have been given:

Custom Orthotics:



Semi Custom made orthotics(Ful length):



Pre-Fabricated Orthotics (Half Length):



If you have been given Full length Pre-Fabricated Orthotics you may need to trim them to fit your shoes:

Trim the length of the orthotic to fit the smallest pair of footwear you own.

The easiest way to trim the device is to use the original insole from your footwear as a template to trim the orthotics down using ordinary scissors. Alternatively you could mark the edge of the orthotics (1.)



and trim with scissors to fit the shape of your footwear. (2.)

- Your full length orthotics should cover the bottom surface of your foot if you have a full length device. (3.)
- Remove the existing insole out of your footwear (4) . If the existing insole does not remove, place the orthotics you have been given in your footwear without removing the existing insole.
- Place the Orthotics in to your footwear ensuring no creases are visible or felt on the top surface of the orthotics.

