



## INSOLE FAQ

### How do I know if I need Custom made Insoles

If you have very high or low arches, regular shoes may not provide your feet the support they need, and your shoes might wear unevenly. Orthotics can help provide the support that your regular shoes do not. If you experience ongoing pain in your foot or heel you should consider insoles as a solution.

Painful feet callouses and bunions, as well as hammer toes are all signs of collapsed and fallen arches. In this case, foot supports help to realign the joints in the foot to ease the pressure caused.

### Can I wear any type of Shoe with my Insoles

Any shoes with a heel higher than three centimetres are generally unsuitable for use, as are most types of slip-on and court shoes, as they will either end up too tight or slip off when walking. Generally, trainers or other shoes with a fastening (laces or velcro) are the best for accommodating orthoses.

Custom orthotics can be specially designed to match your foot type, foot condition and activity level. Orthotics will not fit in all shoes. You should select a shoe that has extra or added depth or a removeable insole.

### Where do I purchase Shoes for my Custom made Insoles

Marissa Nel and Associates are suppliers of Orthopaedic Shoes. You can look at a variety of styles available on our Website such as

- Diabetic shoes
- Extra-depth shoes
- Removeable insoles for Custom Foot Supports
- Bunion support

### How often should I replace my Insoles

Custom Insoles will last between 18-24 months depending on rate of activity; however we recommend children to visit our rooms every 6 months.