

Realizing when a new insole is needed!

All insoles have a service life in which they provide the expected benefit. This depends mainly on usage and material, but changes in the wearer's body also play a role. Here are a few checkpoints to consider for your insole:

1. Changes of the insole in itself

- The insole is "run through" in spots
- The material has a break line
- The basic tension ("rebound") is no longer good/existing
- You simply no longer feel comfortable/well supported by the insole

2. Changes of the shoe

- You suddenly have problems in the shoe (e.g., you notice a slipping phase)
- You notice on the outer sole of the shoe that you no longer wear down the sole's profile evenly
- You have new shoes that are different in basic cut than the ones for which your insole was made. You notice that the insole does not fit properly (too wide, too long, too short, too narrow)

3. Changes of your body

- You gained/lost more than 5 kg/10 pounds
- You significantly added/lost muscle mass
- You had an injury and are rehabilitating/ doing physio
- You started a new kind of sport (and hence are moving differently, adding different kind of muscles, needing other kinds of shoes, etc.)

Recommendation:

It is best to check the fit every 6-12 months for normal use and every 3-6 months for extreme use. In the rehab phase and also during pregnancy we recommend every 1-3 months. Control does not immediately mean that a new sole must be made! In some cases, everything is fine and the sole is still adjusted to the body. In other cases, the sole can be reshaped and only if the sole is "tired" from the material, and thus the desired support is no longer guaranteed, a new one should be fitted.

Here some examples of insoles that need to be exchanged:



Left:
Insoles from a professional handball player – several hours of training every day for months

Right:
Normal daily use over 3 years.

You can also come by our office - we will be happy to advise you!