

Frequently Asked Questions about Custom Insoles and Pneumatic Foot Device Night Splints

Will custom insoles work for me?

Our custom insoles are designed for casual, working, running, walking and athletic shoes. A shoe with adequate toe box space and depth is desirable for a full size insole. A narrow, firm dress shoe will require us to trim material off of your insole in order to have a proper fit. We recommend insoles for athletic and dress shoes.

When will I receive my insoles?

Normally, the insoles will be produced and available to you within 20-30 minutes. Should additional features be requested we will inform you as to the time required for modifications.

Will my feet feel different at first?

Please be aware that your feet and custom insoles require a BREAK-IN-PERIOD. You may notice pressure in areas of your foot that you have not experienced before. It may take time for the tissue of your feet to adjust to the new custom insoles corrective forces. (This type of process is similar to what is noticed when first wearing orthodontic corrective braces on your teeth).

Normally you should wear your custom insoles intermittently for 1 hour the 1st day, 2 hours the 2nd day, adding 1 hour per day until wearing them all day. If you are experiencing issues after that time, call us or drop by and we will address adjustments to your insoles.

If you are running or playing sports in your insoles, do not train with your custom insoles in your shoes during the break-in-period. If you do so, you may experience soreness or skin irritation.

What other foot products can help me?

For people who suffer from Plantar Fasciitis we offer a **soft and comfortable night splint**, which will stabilize the fascia tissue during sleep or at non weight bearing periods, thus aiding with healing time.



Plantar Fasciitis Tearing

Plantar Fasciitis (*Pronounced: plantar-fa-shee-eye-tis*) is a rupture and/or tear in the Plantar Fascia Ligament that can be managed by a day splint (Arch Supports) and by a night splint.

Inflammation and ruptures are painful



We are committed to your satisfaction!

This is a custom product and there are no refunds.

Please communicate any issue to us after you have followed the instruction in this pamphlet. We are committed to make custom insoles work for you, because your satisfaction with your custom insoles is very important to us.



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