

Over-the-counter non-custom foot orthotics are **not covered by health insurance** and are an out-of-pocket expense. You may purchase any commercially available orthotics at your own risk and expense. Comfort or success with orthotics cannot be guaranteed.

The following are recommendations only:

1. Flat feet, plantar fasciitis, achilles tendonitis:

Superfeet All-Purpose Support High Arch green, available in KP pharmacies or online (www.superfeet.com).



PowerStep Breeze Maxx Insoles, available online (www.powerstep.com).



2. Metatarsalgia, neuroma, capsulitis:

PowerStep Plus Insoles: Pinnacle Plus Met, available online (www.powerstep.com).



3. Bunions or for dress shoes:

Superfeet: Casual Men's/Women's Easyfit, available online.



4. Great toe joint arthritis, hallux limitus/rigidus:

Morton's extension carbon fiber insole, available online.



5. High arches:

Tread labs: Ramble Insoles, available online (www.treadlabs.com).



Break-in Instructions for new orthotics:

Start with wearing your orthotics in your shoes for 1 hour on the first day, then remove them from your shoes. On the second day, wear them for 2 hours, then remove. On the third day, wear them for 3 hours, then remove. Gradually, increase the hours that you are wearing them until you are wearing them all day. This process will take 1-2 weeks, and it is normal for your feet to be sore. Your orthotics are inserts that will help your feet function better when you are weightbearing. They will not fit into every type of shoe.