

## How do I know that I need a new insole?

All insoles have a life expectancy in which they bring the desired benefits. The durability mainly depends on the usage and the material, but changes in the body of the wearer play a role also. Here are a few checkpoints to periodically examine your insole:

### 1. Changes to the sole itself

1. The sole is "through" at some spots
2. The material has a fracture
3. The basic tension ("rebound") is no longer good
4. You do not feel well anymore / do not feel appropriately supported by the insole

### 2. Changes of the shoe

1. You suddenly have problems in the shoe (e.g. you are slipping)
2. You notice that the profile of your exterior sole is not run even / at level
3. You have new shoes that are different than those for which your insole was made in terms of the basic form. You note that the insole does not fit properly (too wide, too long, too short, too narrow).

### 3. Changes of the body

1. You have increased or decreased your body weight by more than 5 kg
2. You have significantly reduced or added-on muscle mass
3. You had an injury and are in rehabilitation
4. You have started a new sport (and therefore build other muscles, move differently, need different shoes, etc.)

Recommendations:

Best is to come in to check the fit of your insole every 6–12 months with normal and every 3–6 months during extreme use. In the rehabilitation phase and also during pregnancy we recommended to examine the insole every 1–3 months.

"Checking on the insole" does not mean necessarily that a new insole must be made! In some cases, everything will be in order and the insole is still tuned to the body, in other cases it is possible to reshape the insole. Only if the material is "tired", and thus the desired support is no longer guaranteed, should a new insole be customized to your needs.

Below are a few examples of insoles ready for a renewal of our professional athletes – several hours of daily exercise for months ...and in beige the insoles of a "normal" person after nearly three years of wear in the daily activities.



