

# Podiatry Services

## Patient Information Sheet

# Insole Fitting/Trimming Guide

(V1 August 2021)

It is perfectly okay to trim your new insoles to fit your shoes. Shoe sizes vary significantly so what you have been given is unlikely to fit all of your shoes when you first try.

1. You will need a pair of shoes with removable sockliners/insoles (this does not need to be the same shoes that you are fitting your new insoles into).

**Note:** if you do not have any removable sockliners/insoles, then you can use the shoe you intend to use the insoles inside as a template- see below

2. Align your new insoles underneath the removed sockliner/insoles/shoes - A. at the heel, B. at the toes.
3. While holding the alignment, trace around the sockliner/insoles/shoes using a pen- this will be your cut line.
4. Cut/trim along the line, then fit the new insoles into your shoes- adjust the cut by trimming more away if required. If using your shoe, then trim inside of the cut line.
5. Press down firmly at the heels with your thumbs

If you have any questions about the information in this leaflet, please contact Podiatry Services.

Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website:

[www.livewellsouthwest.co.uk/project/podiatry](http://www.livewellsouthwest.co.uk/project/podiatry)

## Contact Details

Podiatry Services  
Beauchamp Centre  
Mount Gould Hospital  
200 Mount Gould Road  
Plymouth, PL4 7QD

**Tel:** 01752 434855

**Email:** [livewell.podiatrypatients@nhs.net](mailto:livewell.podiatrypatients@nhs.net)

