

## **PREFERED METHOD OF USE**

### **UNDER THE EXISTING INSOLE**

The preferred method of use is to remove the existing insole and place the tailored wedged insole under the one that came with the shoe from the factory.

However there must be adequate space top to bottom inside the shoe to accommodate both insoles, especially at the toe box.

This method provides the comfort of the existing insole and the advantage of the wedged insole.

**STEP 1:** Remove the existing insole. It may be glued in, so the use of your fingers at the edge or with a tool, even a table utensil may be required to release and remove the existing insole.



Pulling back the tongue of the shoe to expose the existing insole



**STEP 2:** Look inside the shoe to see the footprint (no pun intended) of the floor of the shoe. This and the inspection of the existing insole will give you some perspective of how to cut the wedge insole for your shoe.



Looking inside the shoe to see the size of the shoe as the original insole may be wider than the platform.

STEP 3: Using the pattern, pre-determine the size of the wedged insole. Cut the pattern slightly larger than your foot to start. Then put in the shoe and continue to trim to fit the foot and shoe.



Pattern for Preliminary Sizing and Fitting

STEP 4: Start by outlining the pattern to the existing insole plus the outline of your foot. Both sizes are to be considered.

STEP 5: Fit the paper pattern into the shoe to fit. This may take some repeated trimming.



Fitting the Trail Paper Insole for satisfactory fit.

STEP 6: Outlining the pattern on the insole with label facing you as this the felt surface to contact your foot.



Outlining the pattern on the wedged insole.

**NOTE: The thicker part of the wedge insole goes to the outside of the shoe for those with localized inner side knee problems. The reverse is so for those with localized outer side knee problems.**

STEP 7: Careful fitting should have you cutting the insole to slightly larger than anticipated size for safety sake. You cannot add what has been cut off. Then you check to see the fit in the shoe.



As an alternative, you may use the existing insole for a pattern.



First checking the width of the insole heel for the fit.



Placing the wedged insole in the shoe. Still may require some trimming. Place your hand inside the shoe and above the insole to check the fit inside and near the toe for proper length.



Insole in shoe with perfect fit. Original insole may be placed over or this insole may be used alone.

**ALTERNATIVE SHORTENED SIZING:** In the case of a small toe box of the shoe or deformity of your toes, you may want to trim the insole so it is shorter than the toes.



The shortened length still covers the ball of the foot.

You may want to shorten both insoles in some circumstances.



Both insoles cut to ball of foot length to accommodate the toes in the shoe.

FINAL STEPS: Place the wedged insole first.



Then place the original insole on top of the wedged insole.



Original insole is placed on top of the wedged insole.