

Orthotics (Shoe Inserts)

- Mold made to fit inside your shoe to support your arches
- Remove current insole from your shoe (even if glued in!)
- A transition period is often necessary to get used to the orthotic (wear for a few hours at a time initially and slowly increase # hours each day)
- An orthotic is worn out if it no longer supports the arch (easily tested by removing the orthotic and pushing down firmly with the thumb)
- Sold off the shelf or custom made @ VSM or prosthetics stores
- Inserts found at most running stores do not have the hard plastic arch under the padded insole and are not sufficient.
- Superfeet Orthotics are available at many local hiking/ camping stores for \$20-25.

Cumberland Transit (Vanderbilt) – West End Ave., across from Centennial Park

REI (Brentwood) – I-65 South, West Old Hickory, south Hwy 31, HG Hill shopping center on right

Blue Ridge Mt. Sports (Belle Meade) – Hwy 100 right before the 100/70 split on the left, set back from the road



Vanderbilt Sports Medicine
Knee Center *and* Shoulder Center