



**AUT**

# DO YOU HAVE DIABETES

## AND ACHEY, TIRED, OR SORE LEGS OR FEET?

We're looking for people who experience sore feet or legs as a result of diabetes and are interested in **trying a simple support insole for their shoes**. Our research will explore how these insoles, like the ones you can find at a chemist or shoe store, might help with these symptoms.

You will receive a petrol voucher each time you attend the lab, you will get to keep the insoles at the end of the study, and you will go in the draw to win one of 20 \$200 ASICS vouchers.

You will need to be able to attend AUT Millennium (17 Antares Place, Rosedale, North Shore) on two occasions, 5 weeks apart, 1 hour per visit. You will also need to wear an insole in your shoes for the time between visits. During the sessions we will be looking at the pressure under your feet, and how you move both with and without the insoles in your shoes.

**Please note - These insoles are not medical devices and your assessment will not be completed by a medical clinician. If you feel that you need tailored advice we recommend you visit a podiatrist.**



For further information, or to book an appointment, scan the QR code. Otherwise, feel free to contact our research team directly on **[insole@aut.ac.nz](mailto:insole@aut.ac.nz)**

Approved by ethics committee, HDEC (#21021)