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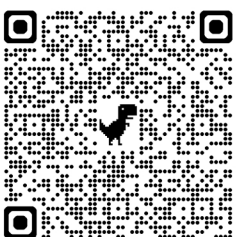
DO YOU HAVE SORE HEELS?

We're looking for people who have sore heels or plantar fasciitis and would like to **try 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.

To be involved in the study you need to have had pain in your heels for a minimum of 2 weeks. Some exclusion criteria also apply.



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**

Approved by ethics committee, HDEC (#21021)