



**AUT**

# DO YOU HAVE SORE JOINTS?

We're looking for people who experience sore feet, knees, or back 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.

As koha, you will receive a petrol voucher at the time of the assessment. You will get to keep the insoles at the end of the assessment.

You will need to be able to attend AUT Millennium (17 Antares Place, Rosedale, North Shore) for half an hour. During the session we will ask you to walk for 10 steps with and without the insoles in your shoes and rate your pain and comfort.

To be involved in the study you need to have had pain in your feet, knees or back 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](mailto:insole@aut.ac.nz)**

Approved by AUTEK ethics committee (#24/255) and HDEC (#21021)