



AUT

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 when you are assessed and 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 sessions you will try on four insoles, and rate your pain and comfort while walking 20 steps.

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)