

**DO YOU HAVE SORE FEET OR JOINTS?**

**DO YOU WANT FREE INSOLES?**

We are looking for people who have sore **heels/joints** or **plantar fasciitis**.

Our research will explore how these insoles, similar to those found at a chemist or shoe store, may help with these symptoms. If you would like to **try a simple support insole for your shoes**, please get in touch with our research team to book a session.

As koha, you will receive a **petrol voucher** at the time of assessment, as well as a **pair of insoles** you find most comfortable!

The assessment will take approx. **30 mins** and will be located at **AUT Millenium** (17 Antares Place, Rosedale, North Shore). You will be required to walk for 20 steps, with and without the insoles in your shoes. Your pain and comfort will be assessed via a rating scale.

To be involved in the study, you need to have had **pain in your feet, knees, or back** for a minimum of 2 weeks. Exclusion criteria apply.

For more information or to book an appointment, scan the QR Code or get in touch with the research team directly on: **insole@aut.ac.nz**

Approved by the *AUTEC Ethics Committee (#24/255)* and *HDEC (#21021).*

Implus Insole Project

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