

# Insole Comparison

by Stephanie Millis, Pedorthist for Gazelle Sports

Brand	Name of Insole	Description	Cost/Warranty
Birkenstock	Birkosport	If you've ever worn Birkenstock shoes or sandals, then you're familiar with their comfortable, yet supportive cork foot bed. Enter BirkoSport, the 2-part foot bed insole for extreme sporting loads. The insole adapts the hard, flat surface of conventional shoes to the anatomical shape of the foot. The foot is stabilized and lead in its natural position so that standing, walking and running is more comfortable. The shock absorbing material core gives additional relaxing comfort and more joy at your sporting activities. Wearers should allow a few days to adjust to the insole, especially if they are first-time orthotic wearers. There may be some lateral forefoot discomfort initially, but the Birkosport becomes very comfortable after a few wearings.	\$60
Sole	Custom Foot Beds	The next best thing to a custom orthotic from the doctor, Sole makes one of the only over-the-counter heat moldable foot beds. No two feet are alike and a heat moldable foot bed conforms to fit every foot perfectly. There will be a break in or adjustment period in wearing your new foot beds. Be sure to wear your Sole custom foot beds for a minimum of three days before considering re-heating the foot beds to further adjust to your feet. Some wearers will never go through the heating process, finding the insoles to provide comfort and support with their own body heat helping the orthotic to conform. One of my personal favorites.	\$42/2 year cushioning guarantee
Spenco	PolySorb, Court/Aerobic	Special "forefoot" cushion for aerobic, racquet and court sports. Cushions impact leading to improved performance. Contoured heel cup and arch support system. Durable and washable.	\$20/1 year unconditional guarantee
	ThinSole	Three quarter length for dress and casual shoes. Firm adjustable arch support. Less bulk than most orthotics. Balances and stabilizes the entire foot. Absorbs shock and reduces friction. Durable and washable.	\$30/1 year unconditional guarantee
	Performance Gel Insoles	Activated energy from start to finish. TPR Gel responds with 44% energy return. Directs energy to points needed most. Antimicrobial agent helps eliminate odor.	\$18/1 year unconditional guarantee

SofSole	Motion Control Sof Sport	Superior resiliency for over 1,700 miles of performance. Up to five times more durable than competitive products. Ultra lightweight and ultra thin. Helps relieve pain of plantar fasciitis.	\$30/money back guarantee
	Performance Stable Trac	Dynamic full foot support with a weight of less than two ounces. Designed to provide dynamic stability. On heel strike, the dual-density arch cradle cushions the impact forces and then stabilizes the foot through the gait cycle. Works with the foot's natural movement to optimize efficiency.	\$30/1 year warranty
Stabilizer	Stabilizer	Heel and arch stability. Extra deep heel cup improves the foot's natural cushioning and provides additional stability. Designed for use in most athletic shoes, may fit some casual and dress shoes.	\$24/money back guarantee
Sorbothane	UltraSole	Ultra shock absorption and energy return for injury prevention and high performance. Designed to respond like skin, Sorbothan instantaneously snaps back to shape so it's always ready for your next stride.	\$24/30 day guarantee
	SorboAlign	Properly aligns and supports feet, reducing the strain on feet, ankles and knees. Reduces excessive side-to-side movement.	\$35/30 day guarantee
Powerstep	Powerstep Full-length	Relieves heel and arch discomfort. Uniquely combines prescription-like arch supports, stabilizing heel cradle, encased in a full-length, double-layered cushion insole.	\$26/30 day money back guarantee for any reason. Lifetime guarantee against breakage of plastic arch support (inside casing) when used under normal conditions. Must have receipt.
SofSole	Graphite Orthotic	Performance arch support for all types of footwear, Graphite is lighter, stronger, thinner and more durable than traditional orthotic materials. Gel heel protection provides extra shock absorption. ETC Fabric reduces friction and heat, creating a cooler and more comfortable surface. Treated with antimicrobial additive to protect against odor causing bacteria	Money-back guarantee.

Lynco	L300	Recommended for medium and high arch feet. This unique orthotic is designed with a cupped heel for balance, stability and pressure reduction. Three quarters length. Least comfortable. Went down a size and still felt I could feel the “drop” off.	\$50 (three quarter length) 6 month guarantee
	L400	Recommended for medium and high arch feet. The rear foot design cushions and stabilizes the rear foot. Does not have metatarsal support for those not suffering from ball of foot discomfort. Most comfortable of all the Lynco’s for me.	\$60 (full length) 6 month guarantee
	L420	Recommended for flat and low arch feet. Designed with a posted heel to gently realign the rear foot and control over pronation. Neutral forefoot without metatarsal support.	\$60 (full length) 6 month guarantee
	L605	Casual orthotics with a metatarsal support to immediately reduce stress at the ball of the foot for medium and high arch feet. Redistributes weight from metatarsal area.	\$60 (full length) 6 month guarantee