



Orthotic Department

A Complete Guide to Trimming your Insoles

Shoe sizes are not a precise science; everyone has been in that situation where a certain size in one shoe fits like a glove, whereas the same size in another pair is far too tight. With all of this confusion, you might be wondering “How do I get the perfect insoles for my shoes?” The answer is simple: trimming!

Insole trimming involves customising your insoles at home to ensure that they have got the correct level of fit for a specific pair of shoes. It is a simple process and can be done with products found in the average home. All you need are a pen and a pair of sharp kitchen scissors.

Step > 1



Choose your shoes and gently lift the manufacturer's insole

Choose your shoes and gently lift the manufacturer's insole.

Step > 2



Remove the existing insole from your shoe

Remove the existing insole from your shoe. Please note: Some shoes may feature insoles that are unsuitable for removal, being attached to the sole of the shoe. In these cases we would recommend not removing the insole as this has the potential to damage your shoes.

Step > 3



Align your original insole to the insole you wish to modify

Align your original insole to the insole you wish to modify. Always align insoles from the heel, ie line the heel up.



Carefully trace the outline of the existing insole on your new insole. Please note that while we have only altered the length of the insole in this guide, it is also possible to trim the side of the insoles to improve their fit.



Your new insole should have a clear guide for trimming. Remember, you can always trim your insoles further, but you cannot make them any bigger!



Using the line as a guide, carefully trim your insole. Once you have trimmed your insoles down to the right size, you are ready to start wearing your insoles according to the orthotist's advice. Remember though, just because these insoles are now perfect for these shoes, it does not mean that they will be suitable for all of your shoes; you may need to further trim insoles as required.

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the orthotic department at Dorset County Hospital: 01305 254408

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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