

Features To Consider When Choosing Shoe Insoles For Knee Pain



Arch support

Choose insoles with adaptive arch technology for sufficient arch support, strain relief, and correct foot alignment.

Cushioning

Pick insoles with air pockets, gel, and EVA foam for cushioning your feet and absorbing shocks.

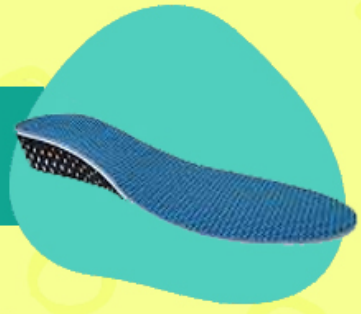


Heel support

A deep stabilizing heel cup provides appropriate support and aligns your feet for better posture.

Contoured fit

Consider insoles that mold to your feet, such as high-density and memory foam, to reduce pressure on the knees and improve movement.



Moisture control

A layered top cloth insole keeps your feet dry and prevents blisters from developing.

Odor prevention

Choose antimicrobial insoles to keep germs from reproducing when damp, which causes feet to stink.

