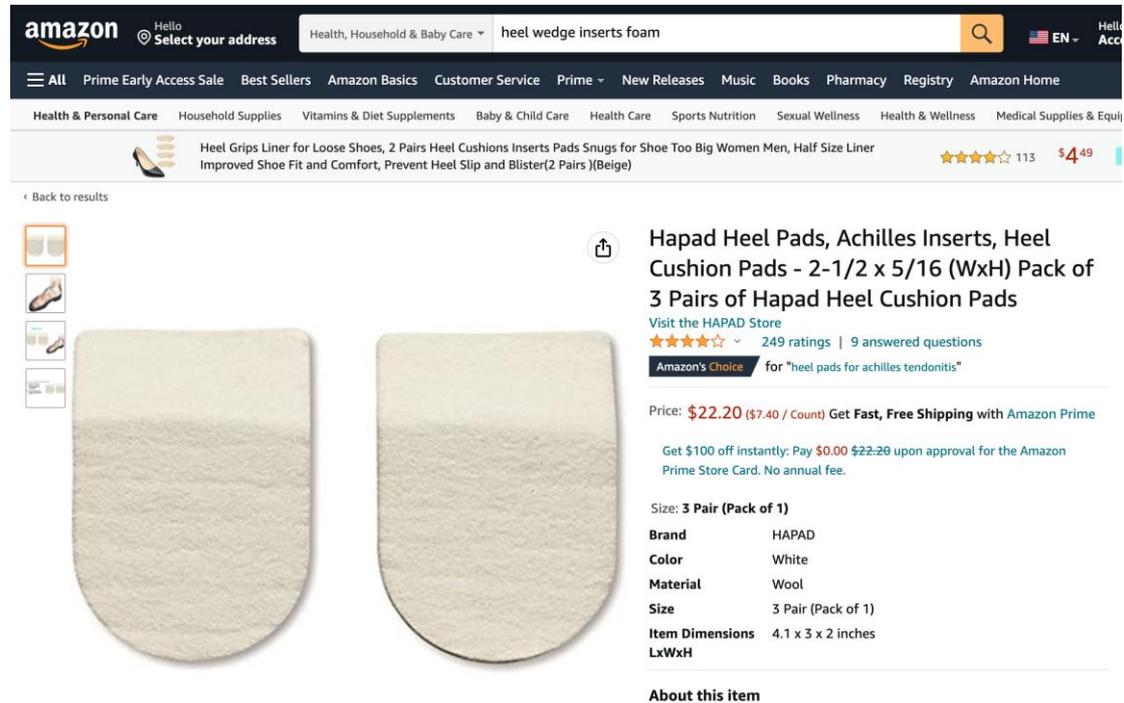


Heel Lifts



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Heel Grips Liner for Loose Shoes, 2 Pairs Heel Cushions Inserts Pads Snugs for Shoe Too Big Women Men, Half Size Liner Improved Shoe Fit and Comfort, Prevent Heel Slip and Blister(2 Pairs)(Beige) ★★★★★ 113 \$4.49

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Hapad Heel Pads, Achilles Inserts, Heel Cushion Pads - 2-1/2 x 5/16 (WxH) Pack of 3 Pairs of Hapad Heel Cushion Pads

Visit the HAPAD Store

★★★★★ 249 ratings | 9 answered questions

Amazon's Choice for "heel pads for achilles tendonitis"

Price: **\$22.20** (\$7.40 / Count) Get Fast, Free Shipping with Amazon Prime

Get \$100 off instantly: Pay \$0.00 ~~\$22.20~~ upon approval for the Amazon Prime Store Card. No annual fee.

Size: **3 Pair (Pack of 1)**

| | |
|-----------------------|--------------------|
| Brand | HAPAD |
| Color | White |
| Material | Wool |
| Size | 3 Pair (Pack of 1) |
| Item Dimensions LxWxH | 4.1 x 3 x 2 inches |

About this item

Click here <https://a.co/d/eSHkL6H> to purchase the above product.

Use for: Achilles tendonitis; post-operative recover after Achilles surgery

How to apply: Place the heel lift in both of your shoes (even if you only have an injury to one side) to make sure your hips remain even. This will help shorten the Achilles tendon and takes tension off to allow it to heal. If you already had Achilles tendon surgery, place the heel lift in your shoes after you have weaned from the Achilles boot. Do this for about 1 week and then remove the lift. This will help gradually stretch the Achilles tendon back to neutral.