

Heel Post Wedges

amazon Select your address Health, Household & Baby Care flat foot medial wedge

Health & Personal Care Household Supplies Vitamins & Diet Supplements Baby & Child Care Health Care Sports Nutrition Sexual Wellness Health & Wellness Medical Supplies & Equip

riemot Women's Shoe Insoles Merino Wool Inserts with Arch Support, Warm Orthotic Inserts for Plantar Fasciitis Flat Feet, Winter Felt Insoles Women 8-10/Men 6-8/EU 39-41

Back to results

Dr. Foot's Orthopedic Medial & Lateral Heel Wedge Gel Insoles for Supination & Pronation, Adhesive Inserts for Foot Alignment, Knee Pain, Bow Legs, Osteoarthritis - 3 Pairs (Transparent+Brown+Black)

Brand: Dr. Foot

1,138 ratings | 21 answered questions

Was: \$9.99
Prime Price: **\$7.99** (\$1.33 / Count)
FREE Returns

You Save: **\$2.00** (20%)

Prime Early Access Exclusive Prime price

Get \$100 off instantly: Pay \$0.00 upon approval for the Amazon Store Card.

Color: Transparent+Brown+Black

| | | |
|-------------------------|-------------------------|-------------------------|
| \$9.99 (\$3.33 / Count) | \$7.99 (\$2.66 / Count) | \$7.99 (\$2.28 / Ounce) |
| \$7.99 (\$3.07 / Ounce) | \$9.99 (\$1.67 / Count) | |

amazon Select your address Health, Household & Baby Care flat foot medial wedge

Health & Personal Care Household Supplies Vitamins & Diet Supplements Baby & Child Care Health Care Sports Nutrition Sexual Wellness Health & Wellness Medical Supplies & Equip

New All-in-One Pain Relieving Arch Support Insole

Back to results

Dr. Foot's Supination & Over-Pronation Corrective Shoe Inserts, Medial & Lateral Heel Wedge Insoles for Foot Alignment, Knee Pain, Bow Legs, Osteoarthritis - 3 Pairs (Beige)

Brand: Dr. Foot

1,138 ratings | 21 answered questions

Was: \$9.99
Prime Price: **\$7.99** (\$3.66 / Count)
FREE Returns

You Save: **\$2.00** (20%)

Prime Early Access Exclusive Prime price

Get \$100 off instantly: Pay \$0.00 upon approval for the Amazon Store Card.

Color: Beige

| | | |
|-------------------------|-------------------------|-------------------------|
| \$9.99 (\$3.33 / Count) | \$7.99 (\$2.66 / Count) | \$7.99 (\$2.28 / Ounce) |
| \$7.99 (\$3.07 / Ounce) | \$9.99 (\$1.67 / Count) | |

Brand Dr. Foot

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

Use for: Flatfoot (pes planovalgus); cavovarus (high arch)

How to apply: These come in many different shapes and sizes based on the size of your foot and the type of shoe you wear. If you have a flatfoot (pes planovalgus) then you want to place the wedge along the medial (inside) of the shoe. If you have a cavovarus foot (high arch) then you want to place the wedge along the lateral (outside) of the shoe. By doing it this way you will balance the foot appropriately.