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8 Best Insoles of 2024

By [Deirdre Mundorf](#)



Reviewed by [Marlo Jappen Porto](#)

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Insoles help alleviate foot and ankle pain to keep you more comfortable when you're on your feet – whether you're standing, walking, or running. According to Alissa Kuizinas, DPM, the founder and a board-certified podiatrist of Doctor Ark, "People should consider buying insoles if they have excessive in-turning or pronation of their feet, if they are dealing with certain types of foot pain and need temporary relief, or if they have more long-standing issues such as arthritis or a chronic tendon tear."

If you're experiencing any of these foot issues, we've compiled a list of insoles that suit a range of foot types and budgets. The PowerStep Original Insoles is our top pick because it's available in multiple sizes and features built-in arch support, two layers of cushioning, and a deep heel cradle to promote stability.

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Best Overall

PowerStep Original Insoles »

**PROS:**

- ✓ Several size options for a good fit
- ✓ Deep heel for stability and support
- ✓ Do not need to be trimmed

CONS:

- ✗ May not be ideal for those with flat feet or high arches
- ✗ Some customers found the insoles to be too stiff

[Buy From PowerStep](#)

Designed for individuals with standard arches, the PowerStep Original Insoles are a top choice if you're looking for improved comfort and decreased pain when standing and walking. The full-length insoles are sold in whole sizes. Unlike many of the other options on our list, you won't need to trim these to best fit your foot and shoe. Plus, the length means that it'll deliver total contact support for all parts of the foot.

These insoles feature a semi-rigid polypropylene support shell to offer sufficient arch support, as well as a dual-layer design that provides the cushioning necessary for extended wear. With the deep heel, the insoles

deliver stability and improved motion control. To reduce odors and moisture, Powerstep added an odor- and perspiration-controlling fabric cover.

Specs

List Price:

\$46.95

Material:

Polyester top fabric, ethylene-Vinyl acetate (EVA) foam base, foam top layer, and semi-rigid polypropylene support shell

**Available
Sizes:**

3-16+ (men's); 3.5-12 (women's)

[Buy From PowerStep »](#)

Best Budget

Dr. Scholl's Float-On-Air All-Day Insoles »

**PROS:****CONS:**

- ✓ Moisture-wicking
- ✓ Lightweight

✗ Will likely need to be trimmed

Buy From Dr. Scholl's

If you’re shopping on a budget, the Dr. Scholl’s Float-On-Air All-Day Insoles, which retail for less than \$15, are significantly more affordable than several other models on this list. Made from Dr. Scholl’s Float-On-Air foam, these insoles are also lighter than most options.

These full-length insoles offer contoured support for the heels and arches. They’re designed to wick away moisture and eliminate odors, keeping your feet cool and comfortable. Additionally, there are special cushioning bubbles integrated into the foam that help it return to its original shape for lasting support.

Available in just two size options, it’s likely that you’ll need to trim these down to fit properly in your shoes. However, they’re suitable for use with various types of shoes, including tennis shoes, men’s dress shoes, women’s flats, and boots.

Specs

List Price:	\$13.99
Material:	Foam
Available Sizes:	8-14 (men’s); 6-10 (women’s)

Buy From Dr. Scholl's »

Best for Plantar Fasciitis

Walk Hero Plantar Fasciitis Insoles »



PROS:

- ✓ EVA foam material for shock absorption
- ✓ Deep heel cup
- ✓ Reasonably priced

CONS:

- ✗ Arch may be too high for some users
- ✗ Not as breathable as some other options

[Buy From Amazon](#)

If you have [plantar fasciitis](#), then these insoles from Walk Hero may offer you relief. The deep heel cup ensures that your foot remains in an ideal position, keeping it protected and stabilized. This design feature may help alleviate some of the heel pain that is characteristic in those suffering from plantar fasciitis. In addition, the insoles are made with EVA foam to absorb shock and keep feet more comfortable and less fatigued, even when you're [standing for extended periods](#). The foam is covered with a stay-cool fabric to prevent your feet from getting overly hot or sweaty.

Trimming may not be necessary but, if needed, you can cut the insole down along the outline for a better fit. These insoles work with many different shoe types including running shoes, boots, and casual shoes.

Specs

List Price:

Starting at \$19.99

Material:

EVA foam

**Available
Sizes:**

4-16.5 (men's); 6-14.5 (women's)

[Buy From Amazon »](#)

Best for Flat Feet

Tread Labs Pace Insoles (Low Arch Height) »



PROS:

✓ Available with a low

CONS:

✗ May take up to a week

arch option for flare feet

to break-in

✗ Expensive

- ✓ Replaceable cover to extend lifespan
- ✓ Suitable for use with various types of footwear

Buy From Tread Labs

The Tread Labs Pace Insoles are available in four different arch height options: low, medium, high, and extra-high. If you have flat feet or fallen arches, you'll likely want to try the low-profile option. These are full-length insoles that are designed to offer firm support for each user. They're available in a wide range of full sizes for both men and women.

The insoles have a deep heel cup to minimize impact as you [run](#) or [walk](#). When you wear them for the first week, the material should adjust to your arch, delivering more of a custom fit. However, be prepared for some discomfort during this initial period as your feet grow accustomed to the inserts.

Notably, the insole's top cover is replaceable. When it wears down, save money by purchasing a new cover instead of a whole new set of insoles. Tread Labs offers a lifetime guarantee on the supports and will replace them if they crack or become deformed.

Specs

List Price:	\$75
Material:	Polypropylene and polyurethane foam
Available Sizes:	4-13.5 (men's); 5-14.5 (women's)

Buy From Tread Labs »

Best for Running

CURREX RunPro Insoles »



PROS:

- ✓ Shock-absorbing cushioning
- ✓ Available in three profile heights
- ✓ Breathable materials

CONS:

- ✗ May need to be trimmed for proper fit
- ✗ Pricey

[Buy From CURREX](#)

CURREX RunPro Insoles are well-suited for runners. These full-length foam insoles offer cushioning that delivers shock absorption and helps keep feet from feeling fatigued. The special rebound cushioning returns to its original shape quickly, helping improve your performance and forward motion during a run.

In addition to the comfortable cushioning, these insoles are designed to support the arch and heel. The deep heel cup prevents the heel from sliding when you're walking or running. The cushioned foam material is covered with a mesh layer to enhance the overall breathability of the insoles and keep your feet from overheating or getting sweaty. These insoles will likely need to be trimmed, as each size option covers about one-and-a-half shoe sizes.

Specs

List Price:

\$59.95

Material:

Foam and mesh

Available Sizes:

XS (Men's 3-4.5/Women's 4.5-6); SM (Men's 5-6.5/Women's 6.5-8); MD (Men's 7-8.5/Women's 8.5-10); LG (Men's 9-10.5/Women's 10.5-12); XL (Men's 11-12.5/Women's 12.5-14); 2XL (Men's 13-14.5/Women's 14.5-16)

[Buy From CURREX »](#)

Best for Hiking

SuperFeet Hike Support Insoles »

**PROS:**

- ✓ Deep heel cup
- ✓ Double cushioning layers for reduced fatigue
- ✓ Moisture-wicking

CONS:

- ✗ Not very budget-friendly
- ✗ You may need to trim them to fit your shoes

[Buy From Superfeet](#)

The SuperFeet Hike Support Insoles come in handy when you're out on the trail. Designed with durability in mind, these insoles are crafted to maintain their shape and provide consistent support for up to 500 miles or 12 months. The deep heel cup keeps your heel in place and prevents your toes from getting squished in the front of your [hiking boots](#). The insoles are also designed with Heel Impact Technology (H.I.T.), which works to ensure the impact felt by your feet is more evenly spread out instead of being concentrated on one area. Additionally, the insoles have a carbon fiber and polymer blend stabilizer cap for stability and support.

To prevent your feet from overheating during a long hike, SuperFeet added a moisture-wicking fabric cover to these insoles. The fabric minimizes odors.

These insoles are available to fit men’s sizes between 2.5 and 13 and women’s sizes between 4.5 and 14. Each insole size covers 2.5 shoe sizes for men and 1.5 shoe sizes for women), so you’ll likely need to trim them down for a personalized fit.

Specs

List Price:	\$54.99
Material:	Carbon fiber/polymer blend and foam
Available Sizes:	2.5-13 (men’s); 4.5-14 (women’s)

[Buy From Superfeet »](#)

Best for Standing All Day

PowerStep Bridge Insoles »



PROS:

- ✓ Adaptable arch support
- ✓ Moisture-wicking mesh top layer
- ✓ Slow-recovery memory foam for comfort and cushioning

CONS:

- ✗ Less precise sizing options than some other options
- ✗ May need to be trimmed for a more precise fit

Buy From PowerStep

If your profession or hobby has you on your feet all day, then the PowerStep Bridge Insoles may be the best option for your needs. They’re designed for users with different arch heights. They feature adaptable arch support that delivers a semi-custom fit for each user. The insoles are designed with dual-layer cushioning. The layers combine the benefits of slow-recovering memory foam with that of the PowerStep Energize Foam for enhanced energy return. Because of this cushioning and the adaptable arch design, these insoles could be a suitable option for individuals with plantar fasciitis, foot pain, ankle pain, knee pain, and other conditions.

A moisture-wicking fabric cover sits atop the foam material to keep your feet more cool and comfortable as you stand for extended periods. These insoles are available to fit men’s sizes 4 through 13.5 and women’s sizes 5 through 14.5. Each size option covers one-and-a-half shoe sizes but can be trimmed for a more precise fit.

Specs

List Price:	\$39.50
Material:	Foam
Available Sizes:	4-13.5 (men’s); 5-14.5 (women’s)

Buy From PowerStep »

Best for Heel Pain

EASYFEET Black Orthotics »



PROS:

- ✓ Heel-shock absorption pads
- ✓ Deep heel cup for stability
- ✓ Made from breathable materials

CONS:

- ✗ Trimming may be necessary for the right fit
- ✗ Not available with different arch heights

[Buy From EASYFEET](#)

The EASYFEET Black Orthotics is a top pick for those suffering from heel pain. Designed to deliver excellent arch support, these insoles keep feet better aligned to alleviate pain in your heels. They're also intended to evenly distribute your weight with each step for improved comfort. The deep heel

cup provides additional alignment, stability, and pain management properties.

Use the EASYFEET Black Orthotics with a variety of shoe types, including casual shoes, sneakers, hiking boots, and walking shoes. They’re made from foam with a gel heel and metatarsal pads. A breathable velvet material covers the insole, adding to its overall breathability and ability to provide adequate air circulation to keep feet from getting too warm.

Specs

List Price:\$44.43

Material:Thermoplastic elastomer (TPE) foam, polyurethane (PU) gel and foam, and velvet

Available Sizes:XS (Men’s 4.5-6.5/Women’s 5.5-7.5); S (Men’s 7-8.5/Women’s 8-9.5); M (Men’s 9-10.5/Women’s 10-11.5); L (Men’s 11-12.5/Women’s 12-13.5); XL (Men’s 12.5-14.5/Women’s 13.5-15.5)

[Buy From EASYFEET »](#)

The Bottom Line

According to Michelle Castiello, DPM, a board-certified podiatrist, “Insoles help by providing additional support, cushioning, and stability to the feet.” She explains that insoles “can help improve overall foot comfort, reduce foot fatigue, and alleviate pain in the feet, ankles, and knees.” The right pair of insoles depends on your arch type, whether you’re dealing with any specific foot issues, the types of activities you’re participating in, and your budget.

We selected the PowerStep Original Insoles as our top pick because of their dual-layer support, cradling heel design, and the fact that they're available in several

different size options so you won't have to trim them down to fit your feet. However, as Dr. Castiello points out, "It's always a good idea to consult with a podiatrist before purchasing insoles to ensure they are the correct device for your specific foot needs."

Things To Consider When Buying Insoles

Size and Fit: If the insoles you choose aren't the correct size for your feet, they're not going to perform as needed. In fact, Dr. Castiello says, "Ill-fitting insoles can cause discomfort, blisters, and affect the overall support they provide." As you shop for insoles, you'll notice that some use bulk sizing to match a range of shoe sizes, such as women's sizes 6 through 10 or men's sizes 8 through 14, while others cover one whole size (such as women's 6 through 6.5). You'll need to trim down insoles that use bulk sizing to fit your shoe. Opting for a pair that covers just one size could result in a more precise fit.

Most over-the-counter insoles are often sold to match a range of sizes, such as women's sizes 6 through 10 or men's sizes 8 through 14. Since they cover such a wide range of sizes, most of these insoles are designed to be trimmed down to fit the specific shoes of each individual.

There are also some 3/4-length insoles on the market. These products are not meant to be trimmed down. They are purposefully designed to be shorter than the shoes for the different sizes they are meant for, allowing individuals to just slide them right into their shoes. Because these insoles are not designed to be trimmed back, they're often available to match a more narrow range of sizes, such as women's 7 through 8.5 or men's 10 to 11.5. If you're considering a pair of 3/4-length insoles and your foot size falls between two sizes, opting for the larger size will likely deliver the best fit.

Material: If you've already started shopping for new insoles, you may have noticed that they can be made from a variety of different materials. These include gel, foam, leather, cork, plastic, and wool. The best material for you largely depends on why you're looking to purchase insoles.

Dr. Kuizinas explains that an individual's foot structure should be considered when choosing the ideal insole material. She says, "If you have very high arches, and your

feet tend to roll more outward, you should avoid purchasing insoles that are very stiff or have a very high arch present. People with this foot structure should look for more giving materials." She adds, "Those with flatter feet, more flexible feet, and feet that are overly in turning or pronated, should look for insoles that are made of stiffer material that will provide more structural support."

Arch Support: Everyone's feet are unique, and, as such, have specific needs. The shape of your arch dictates the level of arch support you need. As Dr. Castiello says, "Arch support is essential for maintaining proper foot alignment and reducing strain on the arches of the feet." Arch height is classified as low, neutral, or high. Individuals with neutral, or medium arches, tend to have more balanced weight distribution across their feet. Conversely, the weight of those with a high arch is more concentrated between the ball and the heel of the foot, which can lead to foot pain and ankle issues. Low arches, commonly referred to as flat feet, can also lead to foot problems like Achilles tendonitis and [shin splints](#). These problems occur because the feet of individuals with low arches roll inward as they walk and run, which negatively impacts weight distribution.

When shopping for insoles, Dr. Kuizinas explains, "The arch height of the insole should relatively match the arch height of the foot, so those with very flat feet should avoid insoles that have very high arches." If you don't know whether you have a low, neutral, or high arch, you may want to consult with a podiatrist or other health professional before shopping for insoles.

Cushioning: Dr. Castiello explains, "Cushioning insoles provide shock absorption and help reduce pressure on the feet." Finding insoles with adequate cushioning can be especially important for individuals who have fallen arches or flat feet. Cushioned insoles take some pressure off of the joint beneath the big toe and alleviate heel or bunion discomfort. Dr. Castiello recommends looking "for insoles with cushioning properties such as gel pads or memory foam that can provide comfort and support to the entire foot."

How We Chose the Best Insoles

We sought the expert advice of two board-certified podiatrists to help us curate our recommendations for the best insoles. Dr. Alissa Kuizinas, DPM, is a board-certified podiatrist at [Doctor Ark](#) in Massachusetts and [Dr. Michelle Castiello](#), DPM, MBA is a podiatrist at Scarsdale Medical Group/White Plains Hospital. We also considered input from customers and professional reviewers, and looked at factors such as sizing options, pricing, and suitability for different foot types and needs to help us narrow down our selections.

WHY SHOULD YOU TRUST US?

The author of this piece, [Deirdre Mundorf](#), has more than five years of experience as a freelance writer. A regular contributor to U.S. News 360 Reviews, she has covered the [best anti-fatigue kitchen mats](#) and the [best compression socks](#), among other topics. Additionally, Mundorf has bylines in Bob Vila, USA Today, and House Digest. [Marlo Jappen](#) Porto, the editor of this piece, has been a home goods editor at 360 Reviews for more than two years. She’s passionate about helping people find products that improve their health, wellness, and comfort.

FAQ

- How do you clean insoles?

+
- How long do insoles last?

+
- How do I know if my feet have low, neutral, or high arches?

+

About Our Team

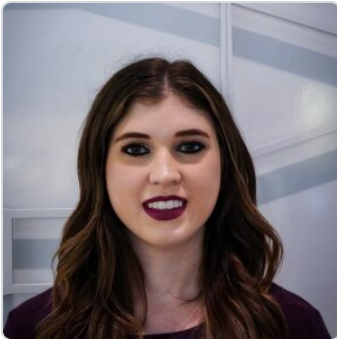
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Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

[Read more](#)



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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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