

Your insole should now be the appropriate length for your shoes, however if still too tight trim a little more off if required.

## Further Information

If you have any questions please contact NHS Greater Glasgow and Clyde's referral management appointment booking centre on:  
☎ 0800 592 087

Or Email:

✉ [appointmentsbookingcentre@ggc.scot.nhs.uk](mailto:appointmentsbookingcentre@ggc.scot.nhs.uk)

🌐 <https://www.nhsggc.scot/hospitals-services/services-a-to-z/orthotics/> or please scan the QR code below.



# Guide to trimming your insoles

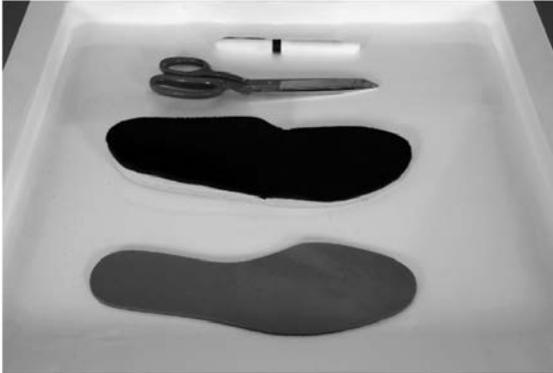


Department of Orthotics

☎ 0800 592 087

If we have posted your insoles, they may not be the correct length for your shoes. You can easily adjust these by following the guide below.

**What you will need:**



1. Your insole that needs trimmed (black insole in this photo)
2. An inlay from your shoe or a previous insole which is the appropriate length (grey inlay in this photo)
3. Scissors
4. Pen



Set the inlay onto the back of your insole which needs trimmed. Line up at the heel.



Draw around the inlay at the toe end section.



Your insole which needs trimmed will now look like the picture above.

Now take your scissors and draw around the dotted line as below:

