

Pratt, D. J; Rees, P. H; Butterworth, R. H

## Abstract:

A cheap and fast method of providing long term accommodating insoles is described. Room temperature vulcanizing (RTV) silicone rubber is used, with suitable coverings, to provide pain relief and support for feet and ankles. The combination of physical properties of the finished item provides a useful balance between support and flexibility which results in these insoles being readily accepted by the patients.