

## The Best Over-the-Counter Insoles

**Move Insoles - (My Go-To Insoles)** The Game Day Pro is elite. Pro NBA player Damian Lillard endorses this brand. They also have the Move All Day Insoles for casual wear. If ordered off their website, you can get 20% off for the first insole by signing up for emails.



**Powerstep Bridge** - Order off Powerstep website. Shout out @footdoctorzach from YouTube for the PROMO CODE: footdoctorzach15.



**Road to Pro thin heel pads** - You don't even know they're there, but they give you more shock absorption and comfort; they go under the heel of the insoles. These are made out of sorbothane material technology. You can find these on Amazon for \$20.00.



**FP Insoles** - Amazing technology Nasa Grade Material Best for Walking or Standing All Day



**Superfeet** - All-Purpose High Arch Insoles. These are the most widely available insoles; many different sporting goods stores carry these, and they are great for the price.

