

Fact sheet

Central Adelaide Foot & Ankle Clinics

Orthopaedic Services

Heel Pad / Cup Information Sheet

Heel pads/cups are worn to provide cushioning to the heel for either general heel discomfort or to decrease discomfort where there is a heel spur present. There are various types of heel pads/cups available that will cushion your heel, act as a shock absorber and relieve heel discomfort.

For some heel pads and cups you will need a shoe with a closed back and a high laced strap over the instep. Generally heel pads/cups are available at chemists and online. Online search 'heel pads and cups' on your google or other search engine.

Below are some of the different types of heel pads/cups that are available:



Tuli's heel cups



Gel pads

