Arch Supports and Insoles
Technical Data Sheets

- Medial Arch (Longitudinal)
- Lateral Arch (Outside)
- Metatarsal Arch
- Traverse Arch

Birkenstock
Made in Germany • Tradition since 1774
In 1966, Margot Fraser discovered the health benefits of Birkenstock® while traveling in Germany. Today, millions of men, women, and children around the world share Margot’s belief that comfortable footwear is essential for a healthy life. Putting Birkenstock arch supports and insoles in all your footwear is a step in the right direction.

No matter what type of footwear you wear, Birkenstock offers an arch support or insole to make every step more comfortable. Like Birkenstock footwear, Birkenstock arch supports and insoles are made from the highest quality materials and are well known for their long-lasting durability. Use the table of contents to find the Birkenstock insoles and arch supports just right for you.

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The Blue Footbed

In the early 1900s Konrad Birkenstock created the world's first flexible orthotic. Since the factory-made shoes of that era were flat and hard inside, the footbeds were met with great enthusiasm when people discovered their comfort.

The concept of the Blue Footbed, which was based on generations of the Birkenstock family's experience, has remained the same over the years. As modern materials and production methods have developed, however, the footbeds have been improved and refined.

Construction

A. Natural heel cradles
Deep heelcups hold your heels in place and provide natural cushioning and shock absorption.

B. Natural arches
Precisely-shaped natural contours provide support for your longitudinal arches.

C. Metatarsal support
Gentle platforms lift toes to their natural position.

D. Support shells
High rims around the footbeds hold your feet in place, yet the footbeds are flexible enough to easily fit in your shoes.

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Birkenstock
Made in Germany • Tradition since 1774
how to fit Blue Footbeds

First: the length
Before you put the Footbeds in your shoes, make sure they fit your feet. With your heel resting snugly in the heelcup, the Footbed should extend just to the ball of the foot, with the front edge following the line of your metatarsal heads.

The Footbed should extend just to the metatarsal heads, as shown here.

The Footbed is too long. It will interfere with the movement of the toes.

The Footbed is too short. It will not provide sufficient support in the metatarsal area.

Each foot must be fitted because arch size can vary per foot and can be larger or smaller than measured foot size.

Second: the width
Blue Footbeds are available in three widths (wide, medium, narrow) to accommodate every shape of foot. They should cradle your feet without feeling too tight or too loose.

It is important to consider the width of your shoes when you select a Blue Footbed width. The shoes must be wide enough to contain the Footbeds without distorting their shape, yet they must be narrow enough to prevent the Footbeds from sliding sideways in the shoe.

How to tell left from right
To be certain that each Footbed is in the correct shoe, make sure that the little “rings” on the bottom of the Footbeds are close together, as shown.

How Blue Footbeds feel
The support from the Footbeds is felt at once. Most people find them comfortable from the start, while others need a little time to become accustomed to them. The Footbeds should not make feet sore; if they do, double-check the size and width.

If shoes feel too confining with the Footbeds, loosen the laces, or if possible, remove the original linings.

As the Footbeds are worn, the heat and weight of the body will make them more flexible; they will “relax” into your shoes.

People with low-arched feet may need 2-3 weeks to adapt.
Blue Footbed – Casual arch support

Item #s: 11001, 11002, and 11003

Description
A contoured arch support made of BirkoCork™, Birkenstock’s unique blend of natural cork lined with blue silk at the top and moleskin at the bottom. Designed for shoes with little or no heel, this arch support offers more metatarsal support and slightly less arch support than the Blue Footbed—Heeled.

Best worn with
All casual footwear.

Instructions for use
See previous “How to fit Blue Footbeds.”

Sizes

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Widths

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Features
Overall arch support design
Lightweight and compact
Contoured arches
Silk lining
Cork/EVA construction
Moderate flanges
Deep heel cup
Hand-washable

Benefits
Easily slides in and out of shoes.
Supports instep (longitudinal medial arch) and ball of foot (metatarsal arch).
Absorbs moisture.
Absorbs shock; flexible.
Controls stability.
Cushions and protects heel bone. Can relieve heel pain symptoms. Provides natural cushioning and shock absorption.
Can increase life of Footbed.

*German language packaging
Blue Footbed – Heeled arch support

Item #: 10001, 10002, and 10003

Description
A contoured arch support made of BirkoCork™, Birkenstock’s unique blend of natural cork lined with blue silk at the top and moleskin at the bottom. Made for shoes with up to 1½” heels, this insole provides more arch support and less metatarsal support than the Blue Footbed—Casual.

Best worn with
Any footwear with up to 1½” heels.

Instructions for use:
See previous “How to fit Blue Footbeds.”

Sizes

Unisex

Women

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Men

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Widths

Wide

Item #10001

Medium

Item #10002

Narrow

Item #10003 (size 35-45 only)

Features

Overall arch design
Lightweight and compact
Cork/EVA construction
Contoured arches
Silk lining
Moderate flanges
Deep heel cup
Hand-washable

Benefits

Provides proper alignment, reduces fatigue, balances foot impact areas. Can increase life of footwear.
Easily slides in and out of shoes.
Absorbs shock; flexible.
Supports instep (longitudinal medial arch) and ball of foot (metatarsal arch).
Absorbs moisture.
Provides stability.
Cushions and protects heel bone. Can relieve heel pain symptoms. Provides natural cushioning and shock absorption.
Can increase life of Footbed.
**Ladies Air Cushion insole**

**leather-lined**

Item # 24001

**Description**
Designed for sandals and sling-back pumps, this insole is made of durable, synthetic latex foam lined with smooth leather. It features a tapered shape that provides support without cramped the toes or heel.

**Best worn with**
Women's sandals and pumps.

**Instructions for use:**
Place over existing footbed. Check for fit and positioning, trim to fit if needed. Then remove paper from adhesive and secure onto the footbed of the shoe.

**Sizes**
(odd sizes only)

**Women**

American  
4–5½  6–7½  8–9½  10–11½

**Widths**

**Medium**

**Features**
Contoured arches
Latex foam
Self adhesive
Easy to trim
Tapered Shape

**Benefits**
Gently supports ball of foot (metatarsal arch) and instep (longitudinal medial arch).
Provides cushioning.
Stays in place.
Fits narrow-width sling-backs and open-toe shoes.
Cushions ball of foot and main arch without cramping feet.
**Air Cushion – 3/4 length insole**  
**leather-lined**

Item #s: 20001

**Description**
Made of durable, synthetic latex foam covered with smooth leather, this insole features a toe-free design that leaves room in the tip of the shoe.

**Best worn with**
Casual shoes, women’s pumps and men’s dress shoes.

**Instructions for use:**
Place over existing insole with logo side up. If shoes feel too confining, remove original liner if possible. Trim to fit if needed.

**Sizes**  
*Women* Item # 20001  
European 35 36 37 38 39 40 41 42  

**Widths**  
*Medium*

**Features**
Contoured arches  
Synthetic latex foam  
Leather lining  
3/4 Length  
Padded ridge  
Soft cushion under big toe  
Heel cup  
Easy to trim

**Benefits**
Gently supports ball of foot (metatarsal arch) and instep (longitudinal medial arch).  
Provides cushioning.  
Smooth, durable, and breathable.  
Toe-free design allows freedom of movement in tip of shoe.  
Allows for gripping motion of the toes which exercises feet and leg muscles.  
Relieves strain on bunion area.  
Reduces heel slippage.  
Fits a variety of shoes.
Air Cushion – 3/4 length insole
BirkoTex™ lined

Item #s: #26000

Description
Made of durable synthetic latex foam covered with BirkoTex™, a breathable synthetic material, this insole features a toe-free design that leaves room in the tip of the shoe.

Best worn with
Casual shoes, women’s pumps and men’s dress shoes.

Instructions for use:
Place over existing insole with logo side up. Trim to fit if needed.

Sizes

<table>
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<tbody>
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Widths

Medium

Features
Contoured arches
Synthetic latex foam
BirkoTex™ lining
3/4 Length
Padded ridge
Soft cushion under big toe
Heel cup
Easy to trim

Benefits
Gently supports ball of foot (metatarsal arch) and instep (longitudinal medial arch).
Provides cushioning.
Absorbs moisture; breathable and hand-washable.
Toe-free design allows freedom of movement in tip of shoe.
Allows for gripping motion of the toes which exercises feet and leg muscles.
Relieves strain on bunion area.
Reduces heel slippage.
Fits a variety of shoes.
Air Cushion – full length insole
BirkoTex™ lined

Item # 20702

Description
Designed to be used as a replacement insole, this full length insole is made of durable synthetic latex foam covered with BirkoTex™, a breathable synthetic material.

Best worn with
Any footwear needing gentle support.

Instructions for use:
Replacement insole. First remove existing footbed and insert with logo side up.

Sizes
Unisex (fits both women and men)

Women
European 35 36 37 38 39 40 41 42 43 44

Men
European 39 40 41 42 43 44 45 46 47 48

Widths
Medium

Features
Full length
Contoured arches
Synthetic latex foam
BirkoTex™ lining
Soft cushion under big toe
Heel cup
Easy to trim

Benefits
Supports and cushions the entire foot.
Gently supports ball of foot (metatarsal arch) and instep (longitudinal medial arch).
Provides cushioning.
Absorbs moisture; breathable and hand-washable.
Relieves strain on bunion area.
Reduces heel slippage.
Fits a variety of shoes.