

ABSTRACT

FOOT SUPPORT APPARATUS

A foot support apparatus for supporting the arch area of a foot in footwear includes an elongate curved planar body fabricated from a strong resilient lightweight material comprising a plurality of suspended curvatures in the form of interconnected arches. The periphery area of at least the lower surface provides a grip area positioned back from a peripheral edge of the elongate curved planar body. The grip area includes friction gripping means comprising a plurality of spaced raised discrete peaks to allow gripping to the inside of the footwear of a user.

Fig. 32