

Abstract**Massaging and Cushioning Shoe Insole**

5 The present invention relates to an improvement design of shoe insole, which can design
with or without protuberances on insole surface and hollow formed strips incorporating
underneath. When in worn, it will massage the user's feet when walking or running and
also reduce the pressure of the user's feet. The insole has a top surface construct with a
plurality of protuberances, which are able to carry out massaging action on the whole sole
10 of the feet. The insole is designed in such that it will have clusters of first set of hollow
formed strips alternating with the second set of hollow formed strips. Sizes of the hollow
formed strips can be varied accordance with various reflex zone of the foot. The heights of
the hollow formed strips are gradually increasing from the front part to the rear part of the
insole as to absorb the increasing of the feet pressure. In other means that the thickness of
15 the insole will also gradually increasing from the front part to the rear part of the insole.

(Most Illustrative : Figure 11)



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