

MatPLUS Adjustable Heel Lifts

Custom Comfort & Proven Quality Support

MatPLUS Adjustable Heel Lifts are podiatrist-recommended shoe inserts designed to correct leg length discrepancies, reduce impact pain caused by Achilles Tendonitis, offer corrective support for proper hip gait alignment, and relieve heel, knee, hip, and lower back pain. Trusted by podiatrists and pedorthists across North America for over 20 years, MatPLUS heel lifts deliver customizable height adjustment, superior cushioning, and long-lasting comfort for everyday wear.

Correct Leg Length Discrepancies & Improve Alignment

These easy-to-use peel-and-place heel lifts allow you to fine-tune your height in 1/8" increments, helping to balance the posterior chain and improve overall body alignment. Proper correction can reduce uneven stress on the feet, hips, knees, and lower back—promoting better posture and mobility.

Adjustable, Cushioned Relief for Heel Pain

Made with three layers of high-quality neoprene sponge rubber, MatPLUS heel pads absorb impact and reduce heel pressure, making them ideal for individuals experiencing:

- Heel pain and heel spurs
- Achilles tendonitis
- Plantar fasciitis
- Sever's disease
- Sports-related impact injuries

The tapered heel wedge design provides subtle lift while maintaining natural foot positioning.

Premium Materials for Everyday Comfort

A luxurious vegan suede top cover adds softness and reduces friction, while the non-slip bottom ensures stability and balance throughout the day. Designed for moderate daily use, these heel lifts fit comfortably in most footwear, including sneakers, boots, walking shoes, cross-trainers, tennis shoes, and casual shoes.

Key Features & Benefits

- Adjustable height from 3/8" to 1/8" using peel-away layers
- Helps correct leg length discrepancy and improve hip alignment
- Absorbs shock to relieve heel pain and pressure
- Non-slip base for enhanced stability
- Premium vegan suede top cover for comfort
- Fits most shoes and everyday footwear
- Made in the USA
- Recommended by doctors, podiatrists, and pedorthists

Trusted Orthotic Expertise

Manufactured in the USA, MatPLUS has partnered with medical professionals for over two decades to deliver high-quality orthotics and foot support products trusted across North America.

Package Includes:

One (1) Adjust-A-Heel