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FootEase Pro: Smart Massaging Insole

Dr. D. Jagadeesh[1], *S. Shamyuktha*[2], *R. Rajesh Kumar*[3], *M. Sarath*[4]

[1] *Professor (Mechanical Engineering),Kongunadu college of engineering and technology thottiam,Trichy Dt, Tamil Nadu. India*

[2,3,4] *UG – Mechanical Engineering (Final Year),Kongunadu college of engineering and technology thottiam,Trichy Dt, Tamil Nadu. India*

Emails: *jagadeesh.kncet@gmail.com*[1], *Shamyukthashamyuktha3@gmail.com*[2], *r.rajeshkumar.2004.14@gamil.com*[3], *sarath816634@gmail.com*[4]

Abstract

Foot fatigue and muscular discomfort are common problems caused by prolonged standing and walking. To overcome this issue, FootEase Pro: Inbuilt Insole Massager is designed as a lightweight, affordable, and compact massaging system integrated directly inside a shoe insole. The proposed system uses miniature vibration motors placed at key pressure points of the foot to improve blood circulation and reduce stress without affecting normal walking movement. The insole is designed using flexible and durable materials to ensure comfort, load bearing capability, and long-term usage. The product focuses on cost-effectiveness, portability, and ergonomic design, making it suitable for daily use by working professionals, elderly individuals, and students. FootEase Pro enhances regular footwear by incorporating therapeutic functionality in a simple and economical way.

Keywords: *Insole massager, Foot therapy, Ergonomic design, Vibration mechanism, Affordable device*

1. Introduction

Prolonged standing causes foot fatigue, and existing solutions are either bulky massagers or passive insoles. Current smart insoles focus mainly on monitoring. *FootEase Pro* introduces a lightweight, energy-efficient insole with automatic pressure-based activation and multi-zone vibration therapy, uniquely combining real-time sensing and targeted treatment in a compact wearable design. Prolonged standing and walking commonly lead to foot fatigue, discomfort, and reduced circulation. Earlier research has demonstrated that vibration-based stimulation can help relieve muscle strain and improve blood flow, while advances in wearable technology have enabled compact sensor-based health devices. However, most existing systems either operate as bulky external massagers or focus primarily on monitoring rather than active treatment. The purpose of this study is to develop and evaluate *FootEase Pro*, a smart massaging insole that integrates pressure-based automatic activation and multi-zone vibration therapy within a lightweight, energy-efficient design, providing real-time therapeutic support in a compact wearable format. Despite significant progress in wearable health technologies, there remains a gap between passive comfort insoles and active therapeutic devices. Prior works primarily emphasize gait analysis, pressure sensing, and rehabilitation monitoring, with limited focus on integrating real-time treatment within everyday footwear.

2. Method

The proposed system operates using a pressure-based activation mechanism integrated within the insole. A Force Sensitive Resistor (FSR) is embedded at key pressure points to detect load when the user stands or walks. The FSR produces an analog voltage signal proportional to the applied force, which is continuously monitored by an Arduino microcontroller**.** A predefined threshold value is programmed into the system. When the sensed analog value exceeds this threshold (indicating sufficient foot pressure), the microcontroller activates the embedded vibration motors positioned in multiple

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zones of the insole. When the pressure falls below the threshold (i.e., the user lifts the foot), the motors are automatically turned OFF. The novelty of this method lies in the real-time pressure-triggered control logic integrated within a compact wearable insole, enabling automatic therapeutic stimulation without manual switching. The circuit connections, threshold calibration, and control algorithm were implemented to ensure repeatability and energy-efficient operation.

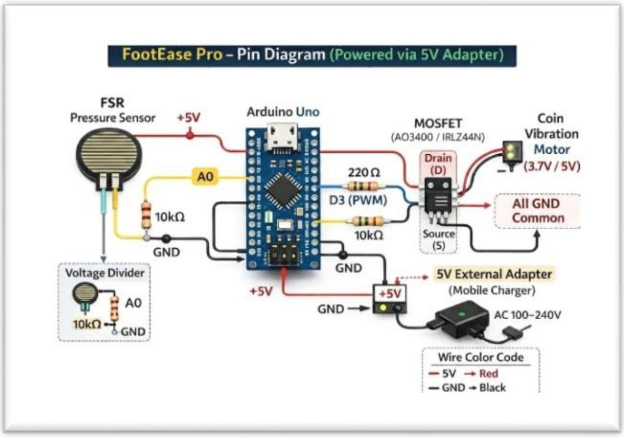

Figure 1 FootEase Pro

2.1.Figure

the FootEase Pro – Smart Massaging Insole powered by a 5V adapter. A Force Sensitive Resistor (FSR) detects foot pressure and forms a voltage divider with a 10kΩ resistor, sending an analog signal to the Arduino Uno at pin A0. The Arduino reads this pressure value and, when it exceeds a set threshold, outputs a PWM signal from digital pin D3 through a 220Ω resistor to the gate of a MOSFET (AO3400/IRLZ44N). The MOSFET acts as a switch, allowing current to flow from an external 5V supply to the coin vibration motor (3–3.7V), activating the massage function. A 10kΩ pull-down resistor ensures stable MOSFET operation, and all grounds (Arduino, MOSFET, and power supply) are connected to maintain a common reference, ensuring proper and safe circuit operation. This diagram shows the working connection of

2.2.Figure

This flow diagram illustrates the working process of the FootEase Pro – Multi-Zone Smart Massaging Insole. When pressure is applied to the insole, the Force Sensitive Resistor (FSR) detects the force and converts it into an analog voltage signal. This signal is sent to the Arduino Nano, which reads and processes the analog value. The system is powered by a regulated 5V DC supply from an external AC adapter, ensuring stable operation of the controller and motor drivers.

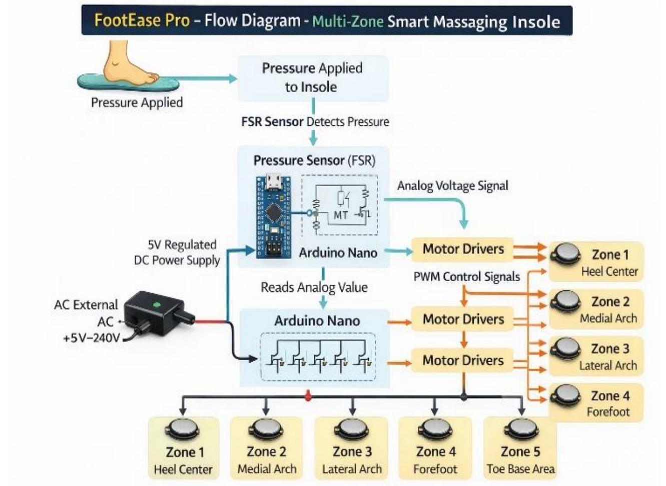

Figure 2 Flow Diagram

Based on the detected pressure level, the Arduino Nano generates PWM control signals to the motor driver circuits. These drivers activate multiple vibration motors placed in different zones of the insole: Heel Centre (Zone 1), Medial Arch (Zone 2), Lateral Arch (Zone 3), Forefoot (Zone 4), and Toe Base Area (Zone 5). This multi-zone configuration enables targeted stimulation depending on pressure distribution, providing smart and adaptive foot massage for improved comfort and fatigue relief.

3. Results and Discussion

3.1. Results

toe area) responded according to applied pressure The developed FootEase Pro prototype successfully detected foot pressure using the FSR sensor and responded accurately through controlled vibration output. The Arduino Nano effectively processed analog pressure signals and generated PWM control signals to activate the vibration motors. The system demonstrated reliable multi-zone operation, where different insole regions (heel, arch, forefoot, and levels.

3.2. Discussion

The results confirm that pressure-based activation is an effective approach for intelligent foot massage systems. Unlike conventional massagers that operate continuously, FootEase Pro provides targeted stimulation only when required, improving energy efficiency and user comfort. The multi-zone design enhances therapeutic effectiveness by stimulating specific pressure points such as the heel and arch, which are most affected during prolonged standing or walking. The use of PWM-based motor control allows customizable vibration intensity, which can be further optimized for different user needs. However, sensor calibration is crucial for accurate pressure detection, as variations in body weight may influence sensitivity. Future improvements may include wireless connectivity, rechargeable battery integration, and adaptive algorithms for personalized massage patterns.

Conclusion

The FootEase Pro – Smart Massaging Insole successfully demonstrates a pressure-based intelligent foot massage system that detects applied force using an FSR sensor and activates multi-zone vibration motors through an Arduino Nano. The system operates efficiently with a 5V power supply and provides targeted stimulation to key foot areas such as the heel, arch, and forefoot, helping to reduce fatigue caused by prolonged standing or walking. Its lightweight, compact, low-cost, and energy-efficient design makes it suitable for wearable healthcare applications. Overall, the project proves to be a practical and scalable smart solution with potential for future improvements such as rechargeable power integration and personalized control features.

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