

# instep *(in-step)*

## Definition

n. 1 the arched upper surface of the human foot between the toes and the ankle; 2 the part of a shoe or stocking that covers the arch of the foot

## Example Sentence

She was having pain in her **instep** when she ran.

## Synonyms

arch; middle section of foot; arched part of the foot

## Antonyms

head

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