The Aetrex mission is to create the healthiest shoes on the market today. All styles are crafted with care to meet the highest standards in design, incorporate cutting edge material technologies, and offer unmatched customization & adjustability. The net result is an extraordinary line of footwear designed to help you feel great on your feet and promote a healthy and active lifestyle.

The healthiest shoes you’ll ever wear®

Do You Know Your Arch Type?
The first step to total foot comfort is understanding a little bit more about your feet. Our feet are all unique to us, and come in many different shapes and sizes with particular characteristics and needs.

Aetrex’s patented iStep® Foot Scanning Technology quickly identifies your arch type, foot size and pressure points. This revolutionary technology then custom selects the ideal orthotic styles for your needs to help you look and feel your best. In a matter of seconds you’ll be on your way to a better life.

Low Arch (Flat Feet)
Characteristics: Very flexible foot with an arch that sits low to the ground. Very little arch definition.
Potential Problems: Over-pronation, plantar fasciitis, post-tibial tendonitis, heel spurs, medial/lateral problems, bunions
Orthotics: Orthotics should incorporate medial rearfoot posting and arch support to keep the foot aligned and help control over pronation.

Medium Arch Feet
Potential Problems: Susceptible to common foot problems such as heel pain and metatarsalgia from repetitive stress and improper fitting footwear.
Orthotics: Orthotics should have arch support, cushioning and shock absorbing materials for comfort and foot pain prevention.

High Arch Feet
Characteristics: Very rigid foot with an arch that sits higher from the ground. Well defined arch.
Potential Problems: Plantar fasciitis, heel pain syndrome, arch strain, metatarsalgia, calluses, claw toes
Orthotics: Orthotics should have proper arch support, metatarsal pads for forefoot relief, and strong cushioning properties.

Recommended by medical professionals worldwide, Lynco® is recognized as the #1 orthotic system on the market today. Millions of pairs have been sold to those seeking the quality and support of custom-made orthotics at an over-the-counter price.

Lyncos are available in a variety of styles to provide you with a custom selected solution based on your specific foot type and footwear style. Join the millions throughout the world who recognize that Lyncos provide the easiest and most effective way to achieve maximum foot comfort and improved footwear performance.

30 Day Unconditional Comfort Guarantee!

Unmatched Comfort & Support, for Your Specific Foot Type

Unmatched Comfort & Support, for Your Specific Foot Type

www.aetrex.com

Do You Know Your Arch Type?

The first step to total foot comfort is understanding a little bit more about your feet. Our feet are all unique to us, and come in many different shapes and sizes with particular characteristics and needs.

Aetrex’s patented iStep® Foot Scanning Technology quickly identifies your arch type, foot size and pressure points. This revolutionary technology then custom selects the ideal orthotic styles for your needs to help you look and feel your best. In a matter of seconds you’ll be on your way to a better life.

Low Arch (Flat Feet)
Characteristics: Very flexible foot with an arch that sits low to the ground. Very little arch definition.
Potential Problems: Over-pronation, plantar fasciitis, post-tibial tendonitis, heel spurs, medial/lateral problems, bunions
Orthotics: Orthotics should incorporate medial rearfoot posting and arch support to keep the foot aligned and help control over pronation.

Medium Arch Feet
Potential Problems: Susceptible to common foot problems such as heel pain and metatarsalgia from repetitive stress and improper fitting footwear.
Orthotics: Orthotics should have arch support, cushioning and shock absorbing materials for comfort and foot pain prevention.

High Arch Feet
Characteristics: Very rigid foot with an arch that sits higher from the ground. Well defined arch.
Potential Problems: Plantar fasciitis, heel pain syndrome, arch strain, metatarsalgia, calluses, claw toes
Orthotics: Orthotics should have proper arch support, metatarsal pads for forefoot relief, and strong cushioning properties.

Recommended by medical professionals worldwide, Lynco® is recognized as the #1 orthotic system on the market today. Millions of pairs have been sold to those seeking the quality and support of custom-made orthotics at an over-the-counter price.

Lyncos are available in a variety of styles to provide you with a custom selected solution based on your specific foot type and footwear style. Join the millions throughout the world who recognize that Lyncos provide the easiest and most effective way to achieve maximum foot comfort and improved footwear performance.

30 Day Unconditional Comfort Guarantee!

Unmatched Comfort & Support, for Your Specific Foot Type
Foot Pain is Not Normal - Your feet should mirror your general health. With the right fit, proper footwear and orthotics for your foot type, most common foot pain can be relieved and prevented.

Buy Shoes that Fit Your Needs - Most people do not know their true foot size (length and width) and too often purchase shoes that are too small. Today, many full service stores are equipped with foot scanning technology that is able to capture your foot size, arch type and pressure points and recommend the ideal footwear and orthotics for your needs.

Give Your Feet a Break - While we all love looking our best, women have four times as many foot problems as men and high heels are partly to blame. Whenever possible, wear comfortable shoes that fit your feet properly.

Nighttime Care - After being on your feet all day, give your feet a little TLC. Knead them gently with your thumbs to increase blood circulation. Then cover them with a good quality foot cream or nourishing gel to help keep the skin from cracking and drying.

Socks are Important Accessories - Socks are important foot health accessories too. Damp and dark conditions, such as those found in shoes, promote the growth of fungi, bacteria and odor. Protect your feet by wearing socks made with copper fibers that have been clinically proven to help eliminate these common problems and improve your skin's appearance and texture.

Educate Yourself - Sites such as foot.com offer important and helpful information relating to common foot problems, overall foot health and comfort as well as special sections for serious disorders such as diabetes and arthritis. There’s even an “Ask the Doctor” section to get answers to your personalized foot health concerns.

*Always consult your podiatrist or physician if you suffer from persistent pain or a medical condition.

6 common foot conditions and recommended solutions

**Condition: Plantar Fasciitis**

**Definition:** Inflammation of fibrous tissue along bottom of foot

**Causes:** Over-pronation (flat feet), high arch feet, sudden increase in physical activity, excessive weight gain, flip-flops

**Symptoms:** Heel pain, heel spurs, arch pain first thing in the morning or after a period of prolonged rest

**Treatment & Prevention:** Orthotics with arch support & rearfoot posting, footwear with proper cushioning and shock absorption, stretching, night splints

**Condition: Pregnancy & Feet**

**Definition:** Over-pronation, edema

**Causes:** Weight gain, hormonal changes, flattened arches

**Symptoms:** Pain at the heel, arch, ball-of-foot, leg cramping, varicose veins

**Treatment & Prevention:** Orthotics with arch support & rearfoot posting, wide width footwear that incorporates stretch fabrics

**Condition: Metatarsalgia (Ball-of-Foot Pain)**

**Definition:** Inflammation or pain at the bones and joints at the ball-of-foot

**Causes:** Thinning out of the fat pad, improper fitting footwear such as shoes with narrow toe boxes, high heels, excessive pressure

**Symptoms:** Pain in the region of the foot before the toes

**Treatment & Prevention:** Orthotics with metatarsal pads, proper fitting footwear with high, wide toe boxes, shoes with rocker bottoms

**Condition: Bunions**

**Definition:** A prominent bump on the inside of the foot around the big toe joint

**Causes:** Usually from wearing tight & narrow footwear with a constrictive toe box

**Symptoms:** Inflammation, swelling and soreness on the side surface of the big toe

**Treatment & Prevention:** Footwear with wide toe boxes, and stretch fabrics, orthotics, bunions shields, bunion night splints

**Condition: Achilles Tendonitis**

**Definition:** Inflammation & degeneration of the tendon in the back of the leg that inserts into the heel

**Causes:** Over-pronation, improper fitting footwear, inadequate stretching

**Symptoms:** Shooting, burning or extreme piercing pain

**Treatment & Prevention:** Thorough stretching program, decrease in physical activity, heel cups or cradles, orthotics

**Condition: Heel Pain Syndrome**

**Definition:** Extreme heel discomfort

**Causes:** Plantar Fasciitis or over-use stress

**Symptoms:** Pain underneath the heel or just behind it, where the tendon attaches to the heel bone

**Treatment & Prevention:** Heel cups or cradles, orthotics with arch support, shock absorption, cushioning, footwear with elevated heels

**Condition: Heel Pain Syndrome**

**Definition:** Extreme heel discomfort

**Causes:** Plantar Fasciitis or over-use stress

**Symptoms:** Pain underneath the heel or just behind it, where the tendon attaches to the heel bone

**Treatment & Prevention:** Heel cups or cradles, orthotics with arch support, shock absorption, cushioning, footwear with elevated heels