What Can Orthotics Do For Me?

There are many different types of effective foot orthotics. Some are custom made while others are over-the-counter and designed for specific foot types and symptoms. Depending on your particular needs, your doctor or health professional may recommend orthotics for your feet.

The goals of orthotics are to make your feet feel comfortable in your shoes at all times, while preventing foot pain and providing proper body alignment. With the right orthotic style, you’ll benefit from shock absorption, arch support, cushioning and pressure redistribution.

In combination with proper footwear, orthotics can help you achieve maximum foot comfort and prevent unnecessary injuries to help you maintain a healthy and active lifestyle.

Do You Know Your Arch Type?

Understanding your arch type is important to help you achieve total foot comfort and avoid unnecessary foot pain. Thanks to Aetrex’s iStep® Foot Scanning Technology, you can identify your arch type in less than 30 seconds.

iStep is powered by 3,744 gold plated barometric sensors and 1,326 infrared LEDs and receptors. In addition to your arch type, this patented technology identifies your pressure points, measures your foot and recommends the ideal footwear and orthotics for your needs.

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 tendinitis, heel spurs, metatarsal 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. Excessive pressure to rearfoot and forefoot.
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.

The healthiest shoes you’ll ever wear®

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 & promote a healthy and active lifestyle.

Always consult your doctor if you suffer from persistent pain or a medical condition.
The 3 Essentials for Customized Comfort

What can I do to feel great on my feet? How can I prevent foot pain and live life to the fullest? The answer often lies in finding products that match your unique footcare needs to provide true customized comfort. The first step to customized comfort is to identify the 3 essential elements of your feet.

1st Essential: Foot Size
Your foot size changes throughout your life and an improper fit can often lead to foot discomfort. Aetrex footwear comes in multiple widths and offers unique features that help provide a comfortable, customized fit.

2nd Essential: Arch Type
Identifying your arch type is as important as your foot size. Aetrex shoes and orthotics can be integrated to provide optimal comfort for your arch type.

3rd Essential: Pressure Points
Customized comfort requires a pressure free environment in your shoes. With Aetrex orthotics and patented Mozaic® Customization, specific pressure points can be quickly relieved to help ensure maximum comfort.

Lynco orthotics 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 now recognize that Lynco orthotics provide the easiest and most effective way to achieve maximum comfort and improved footwear performance.

Relevant links:
www.aetrex.com

SPORTS 400 Series
Designed specifically for comfort, support and weight redistribution in athletic, walking and comfort footwear. These tri-density orthotics feature a Pro-Shox® top cover for superior cushioning and shock absorption. Pro-Shox’s high-tech polyester fibers help wick moisture away from the foot and provide a cool, friction free surface to prevent blisters and other foot problems.

Styles: L400/L405/L420/L425

DRESS 500 Series
Provides maximum foot comfort and protection in most footwear styles. These tri-density orthotics feature a full grain leather top cover, a molded Pedic™ core for stability and resilience, and a suede bottom to prevent sliding inside your shoes. These unique orthotics cushion the foot, absorb shock and fit comfortably in most footwear styles.

Styles: L500/L505/L520/L525

CASUAL 600 Series
Designed to provide maximum foot comfort and protection in casual, work and golf footwear. These tri-density orthotics feature a high-tech Carbosan® top cover that cushions the foot and absorbs shock forces. This innovative material is anti-odor and anti-bacterial to help keep your feet in a healthy, clean environment. Lynco Casual orthotics are lightweight, resilient and provide unmatched support and stability. Fits comfortably in most footwear styles.

Styles: L600/L605/L620/L625

SHEARLING 900 Series
Lynco Shearling orthotics are designed specifically to provide maximum foot comfort and protection. These tri-density orthotics feature a shearling fiber top cover that provides luxurious cushioning and shock absorption. Considered one of nature’s best insulators, shearling also helps wick moisture and permits air circulation, allowing your feet to breathe comfortably.

Styles: L900/L905/L920/L925