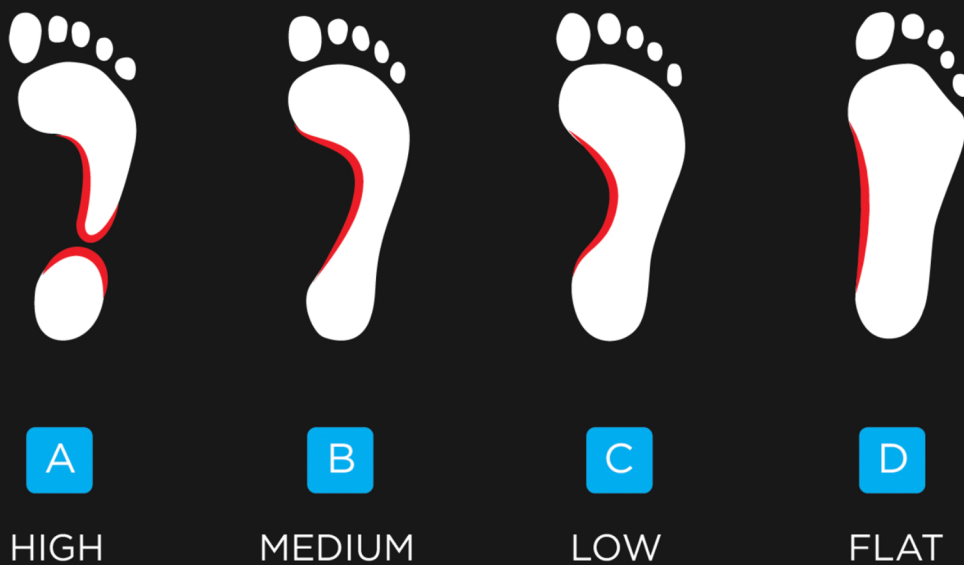


Fitting-At-Home Guide

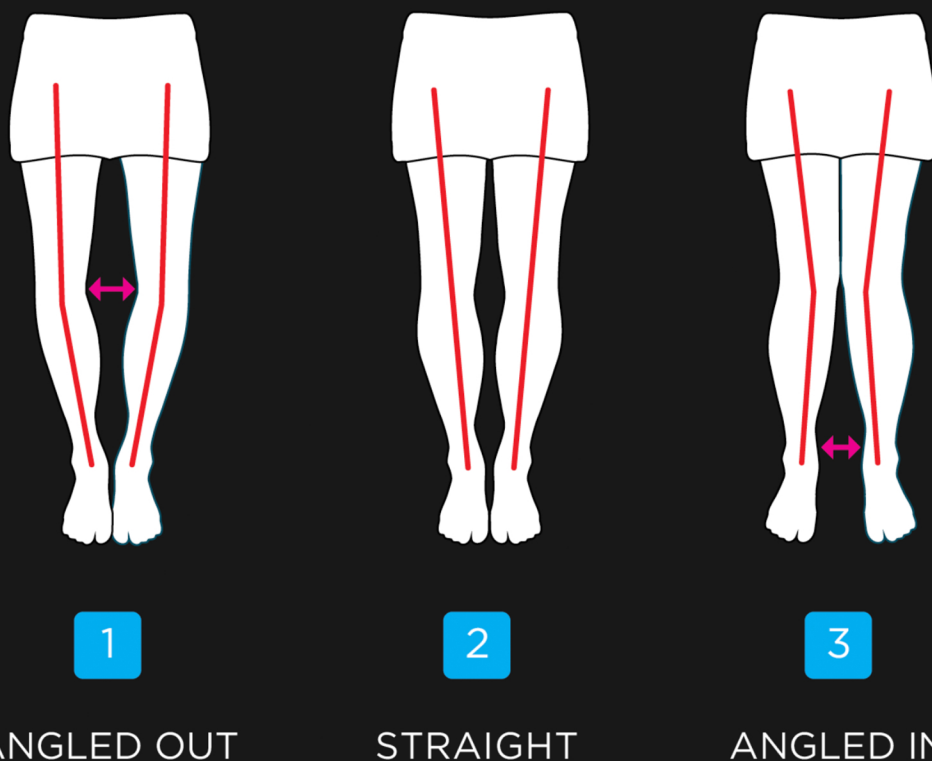
CURREX insoles work better than other insoles because they're customized to your particular profile type and knee alignment. Combine your arch profile type with your knee alignment and you'll know which type of CURREX insole is right for you.

Not sure of your profile type? A simple test with water and paper or cardboard can help you determine if your arch is high, medium, low or flat. We call it the Wet Feet Test. Simply wet one foot and stand on a piece of paper or cardboard placed on a hard surface; repeat with other foot. Then compare the wet footprint with the arch types below.

STEP ONE: IDENTIFY ARCH



STEP TWO: CHECK KNEE ALIGNMENT



STEP THREE: COMBINE STEPS ONE AND TWO, CHOOSE INSOLE.

A1 · A2 · B1 · B2
HIGH PROFILE

A3 · B3 · C1 · C2 · D1
MED PROFILE

C3 · D2 · D3
LOW PROFILE

STEP FOUR: SELECT YOUR INSOLE SIZE

CURREX INSOLE SIZE SCALING

	XS	S	M	L	XL	XXL
US Men	3 - 4.5	5 - 6.5	7 - 8.5	9 - 10.5	11 - 12.5	13 - 14.5
US Women	4.5 - 6	6.5 - 8	8.5 - 10	10.5 - 12	12.5 - 14	14.5 - 16
Hockey Skates	1 - 3.5	4 - 5.5	6 - 7.5	8 - 9.5	10 - 11.5	12 - 13.5
Euro	34 - 46	36.5 - 38.5	39 - 41	41.5 - 43.5	44 - 46	46.5 - 48
UK	1.5 - 3	3.5 - 5	5.5 - 7	7.5 - 9	9.5 - 11	11.5 - 13
Mondo	23 - 24	24.5 - 25.5	26 - 27.5	28 - 29	29.5 - 30.5	31 - 32