



**HELPING
TO SOLVE
FITTING PROBLEMS**

1 Where is the pain located?

At the Malleolus (lower part of tibia or fibula bone) or the lower Navicular bone?

Is the pain on the inside or the outside of your foot?





2 Do you skate with or without an innersole?

As the location of the ankle and other bones from person to person varies, it can be critical to adjust the height of your bones, especially when you have a skate which is made to be close fitting.

SOLUTIONS:

I. Pain on Malleolus

- Use an innersole to take your Malleolus bone higher (for example a MYFIT Skatesole).
- If this is not enough, add a shock absorber (such as a MYFIT heel suspension or gel heel pad) on the heel or use a thicker innersole.

II. Pain at the top of the Malleolus

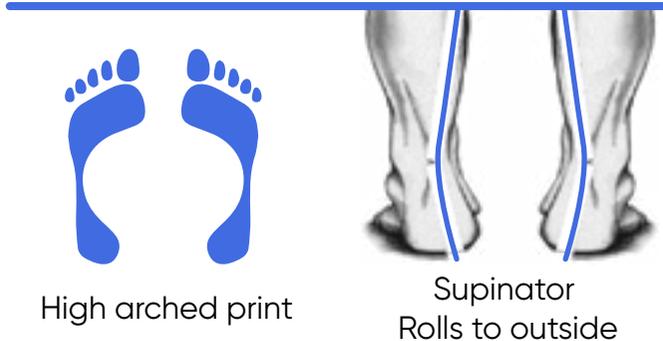
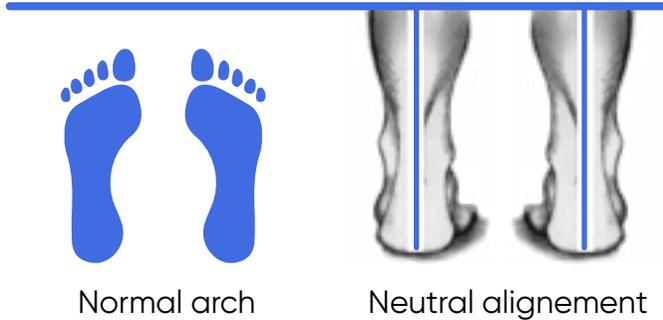
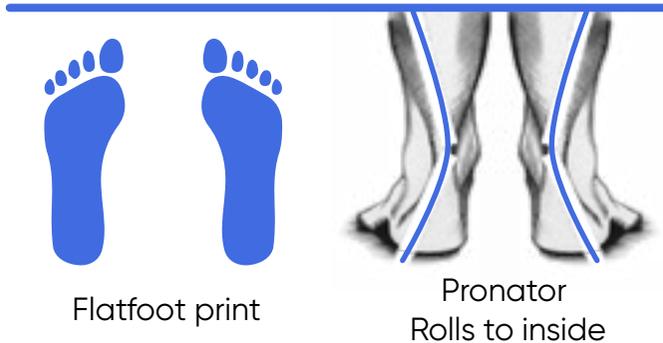
- Use skates without an innersole to bring your ankle lower.

3 Do you have "problem" feet, like flat feet, fallen arches or other issues?

This is a major factor for having pressure on the inside of the ankles on the Malleolus part and Navicular (also problem on your knees and hips).

SOLUTION:

I. Use a good innersole with arch support (for example the MYFIT skatesole). The picture on the right side shows a foot with an innersole and arch support, the photo on the right side is without, as you can see the ankle bones fall to the inside on the left foot without arch support. Right foot shows foot with innersole and arch support, left side without, so ankle bones fall to inside.



II. Use an extra arch support (for example the MYFIT arch support). Check the picture below, the left side is with an arch support, the right side without arch support.



4 Do you fall to the inside or outside when skating?

SOLUTIONS:

I. If you fall to the inside

- Move your frame to the inside step by step by taking advantage of the **X-Slot** mounting. We recommend setting the front a little more towards the inside than the rear part of your skate.

- If the frame lateral movement is not enough, center your frame again and try using the **Powerslide Stride Control**, putting the high parts ON THE OUTSIDE.

If the problem is not solved, slowly move your frame again to the inside.

II. If you fall to the outside

Move your frame to the outside step by step by taking advantage of the **X-Slot** mounting. We recommend you set the front little more inside than the rear part of the skate.

- If the frame lateral movement is not enough, center your frame again and try using the **Powerslide Stride Control**, putting the high parts ON THE INSIDE. If the problem is not solved, slowly move your frame again to the outside.



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