

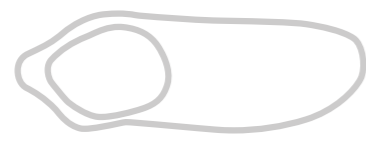


HOW TO FIND YOUR CORRECT SKATE SIZE & FITTING TIPS GUIDE

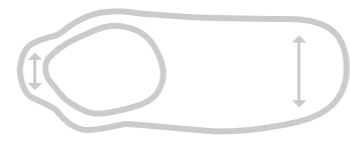
NARROW OR WIDE FIT?



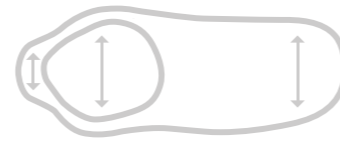
POWERSLIDE PROPOSE 5 DIFFERENTS WIDTH.



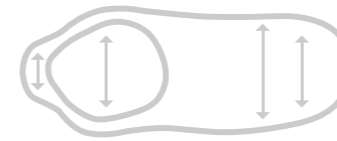
ULTIMATE



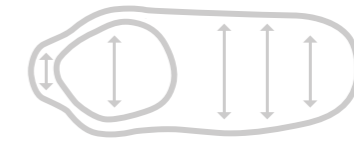
PERFORMANCE



SPORTIVE



COMFORT



UNIVERSAL

FIND YOUR SKATE SIZE.



ORDERING SKATE ONLINE? MEASURING AT HOME?

Inline skates must fit snugly, but comfortably on the foot.

It is not necessary to buy inline skates one size larger.

All inline skate, as they break in, will get a little bigger/wider over time. Softboots will expand more than hybrid or carbon boots.

3 EASY STEPS TO MESSURE YOUR FEET:

STEP 1



Place and fix an A4 sheet flush against a straight wall. Wear your usual skating socks for more accuracy and place your foot on the sheet, with your heel touching the wall, make sure your heel touches the wall without any pressure.

STEP 2



Stand relaxed upon the foot you are measuring. Then, draw a line at your big toe and when marking make sure to hold the pencil vertically to prevent any deviation. It's easiest to ask a friend to draw the line for more precision. Measure the length of the paper to the line: that's your mondopoint size.

STEP 3



Do the same for the other foot and compare measurements. The correct size that you should end up with is the length of your longer foot. Now with those measurements, you can take the correct size from our size charts.

TIP: For the best fit, measure your foot after a short skating session or at the end of the day.



FIND YOUR SKATE SIZE.

ORDERING SKATE ONLINE? MEASURING AT HOME?

Add extra MM to select your confort zone

We recommend adding between, 3 to 5 mm to your foot length taking the thickness of your socks into account.

Should I measure the size of my shoe's insole?

NO. The Powerslide sizing charts refer to the size of the last and not the size of the insoles which are always a few mm smaller.



SIZE 44 EU
27,5 +0,5: 28CM



DON'T MEASURE
THE SIZE OF THE
INSOLE.

FIND YOUR SKATE SIZE.



ORDERING SKATE ONLINE? MEASURING AT HOME?

CHECK THE SIZING CHART OF THE SKATE MODEL OF YOUR INTEREST ON OUR WEBISTE

SIZE	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
MONDO	242	248	255	261	268	275	282	289	296	303
US M	6	7	7,5	8	9	10	10,5	11	12	12,5
US W	7	8	8,5	9	10	11				
UK	5	6	6,5	7	8	9	9,5	10	11	11,5
EU	38	39	40	41	42	43	44	45	46	47

Example:

My foot measures 274mm after that i add my 5mm comfort zone.

After checking the sizing chart i would select a size 44eu. A size 43 would fit me, but my feet needs some room inside the shell and i like to skate with thick socks therefor i should add 5mm (274mm+5mm = 44eu).

HOW TO FIND YOUR CORRECT SKATE SIZE?



B. TRYING THE SKATE IN A SKATESHOP:

01. ASK FOR THE SIZE AS YOUR SHOES.

02. check the FIT. MAKE SURE THE SKATES ARE NOT TOO BIG OR TOO SMALL.

WHEN STANDING STRAIGHT

It is ok your toes slightly touch the front of the boot.

WHEN BENDING KNEES

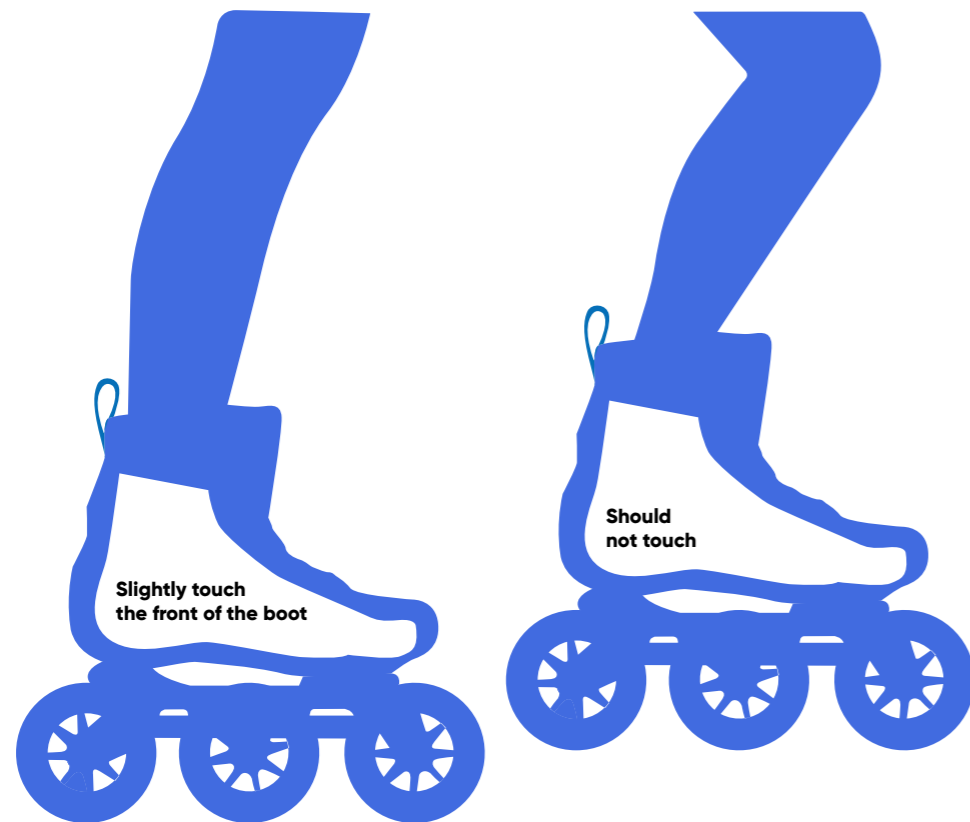
The toes should not touch the front anymore.

- Check if you need to use an insole or not. Insoles can help you with arch support and can make the boot more comfortable.

- Lock your heel in place, hit the rear wheel on the ground to put your heel all the way back!

- Bend your knees to push your heel back and close the 45° strap!

- Fix your 45° strap while in skating position - locks heel better - as your heel will move backwards.



HOW TO FIND YOUR CORRECT SKATE SIZE?



HEATMOLD

If you are still having issues: Heat mold your liner and/or skate to speed up the breaking-in time and to remove pressure points by re-distributing the interior lining or shape of the boot. To find out if your skate or liner is heat moldable, look for the MYMYFIT logo.

See our full instructional videos here:

[Skates with liner](#)

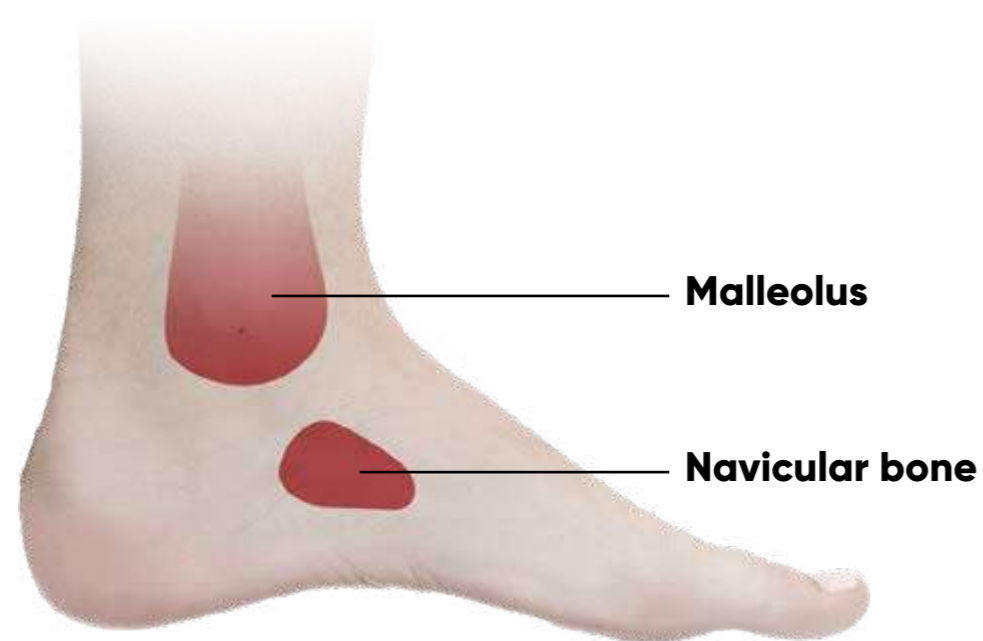
[Hybrid skates \(integrated liner like Swell skates\)](#)



MYFIT FOOTIES

Do you have too much room inside your skates? Too much room makes your feet move inside the skate causing friction which results in blisters. If you have thin feet or pressure points MYFIT offer Footies in different thicknesses to fix these issues.

DO YOU HAVE PAIN?



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?

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.

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

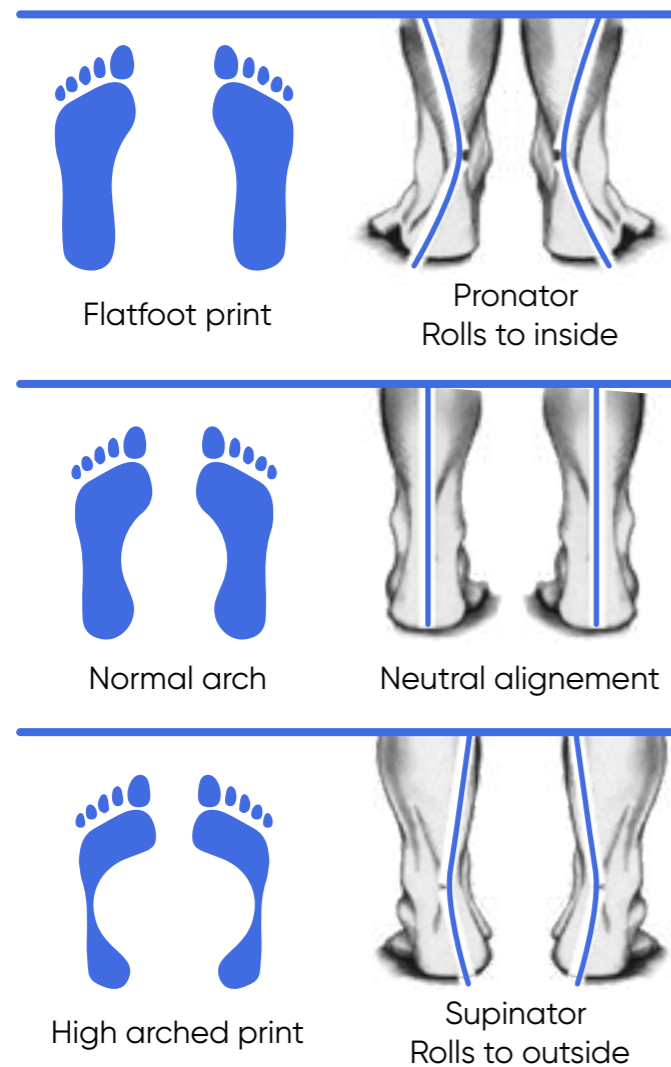
This is a major factor for having pressure on the inside of the ankles on the Malleolus part and Navicular (also problem on your knees and hips).

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.



3. FULL INSOLE WITH ARCH SUPPORT



1. ARCH SUPPORT



4. SHOCK ABSORBER



2. 3/4 INSOLE WITH ARCH SUPPORT



Ankle pressure

Do you have pressure on your ankles? Try raising your heel with a shock absorber or a 3/4 innersole. This should take your ankle higher and out of the pressure zone.

Again, taking the innersoles out might also help.

Arch support

Do you have flat feet or flat arches that make your feet bones fall to the inside? To give your foot ideal support and to enable it to stand straight you can add arch support or the MYFIT 3/4 innersole with arch support.

HOW TO FIND YOUR CORRECT SKATE SIZE?



D. ORTHOPEDIC PROBLEMS ?

01. HAVE FLAT FEET AND FLAT ARCHES SO YOUR BONES FALL TO THE INSIDE?

1. ARCH SUPPORT



2. 3/4 INSOLE WITH ARCH SUPPORT



3. FULL INSOLE WITH ARCH SUPPORT



4. SHOCK ABSORBER

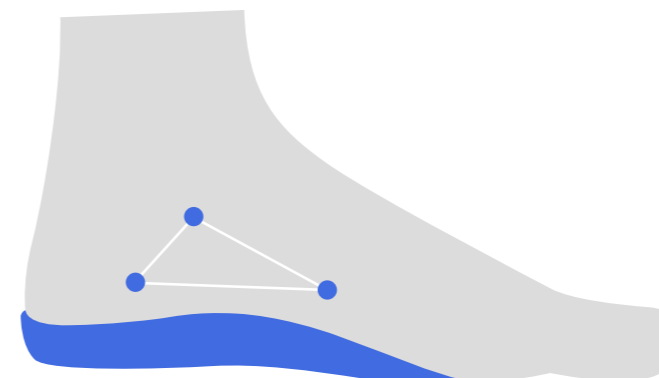


YOU CAN TEST THIS JUST SKATING STRAIGHT BAREFOOT.

To make your foot stand straight add an arch support 1 or a good 3/4 insole with arch support 2.
If enough room inside your skate you can add also a full insole with arch support 3.

PRESSURE ON ANKLES?

Try to raise your heel with a shock absorber 4 or 3/4 insole 2 to lift your ankle bones higher and out of the pressure zone.





Lock your heel into place

To do this, point your toe and the front of the skate upwards and hit the rear wheel to the floor, this will force your heel to the back of the skate.

Bend your knees to push your heel to the rear of the skate and then tighten the 45° strap.

If you fix your 45° strap while in the skating position your heel is locked in perfectly as your heel moves backwards when skating.



Check the skate balance

Check the skate balance, do you flex to the inside or to the outside when standing? To fix this you can simply adjust the frame. If you are flexing to the inside then you should loosen the frame, slide the front part of the frame further to the inside of the boot and then tighten the frame again. If you flex to the outside then you should loosen the frame, slide the front part of the frame to the outside of the boot and then tighten it once again.

HOW TO FIND YOUR CORRECT SKATE SIZE?



C. SET YOUR SKATES UP:

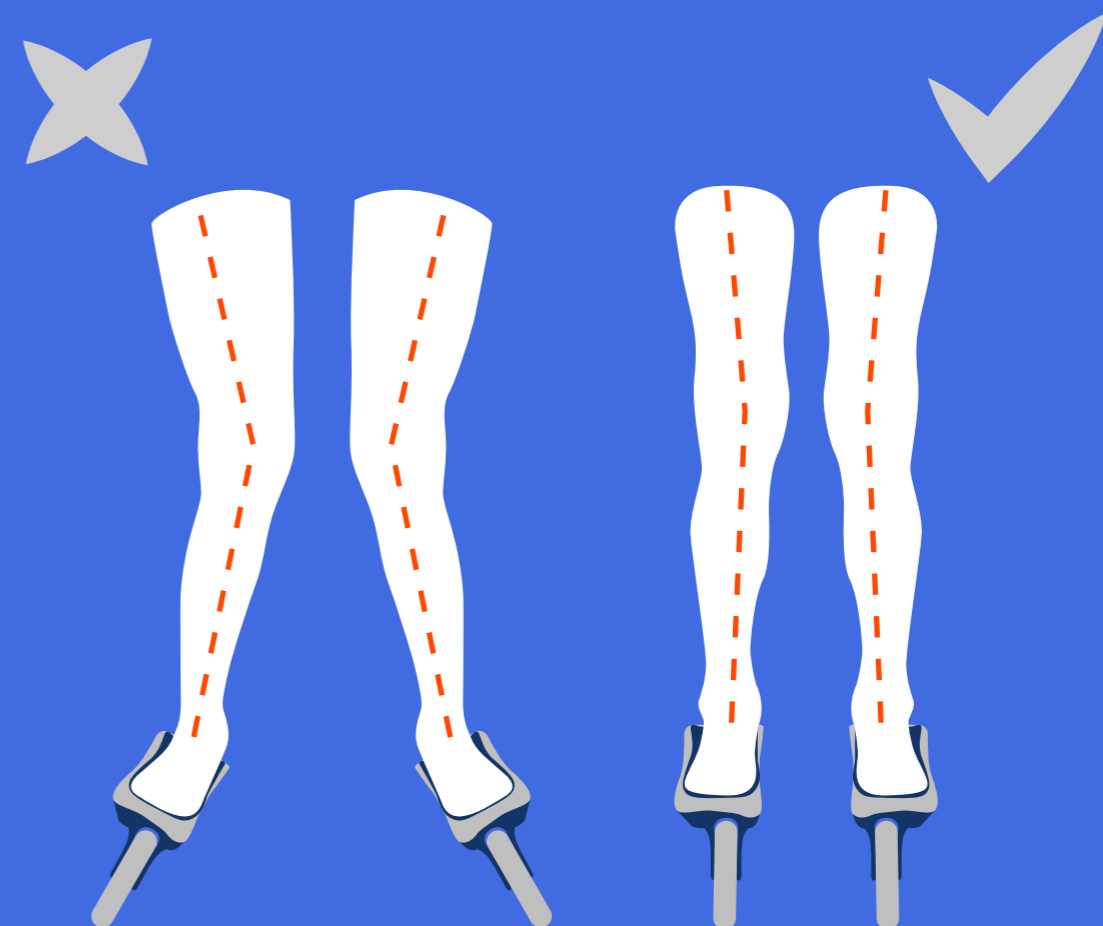
01. STRIDE CONTROL



If you fall to the inside
put the high part of
the wedge to the outside.



If you fall to the outside
put the high part of
the wedge to the inside.



HOW TO FIND YOUR CORRECT SKATE SIZE?



C. SET YOUR SKATES UP:

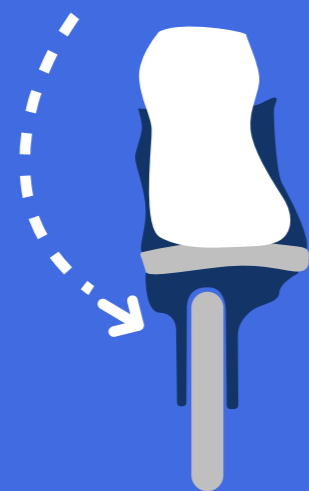
01. STRIDE CONTROL

**195MM
FRAME
X LEGS**

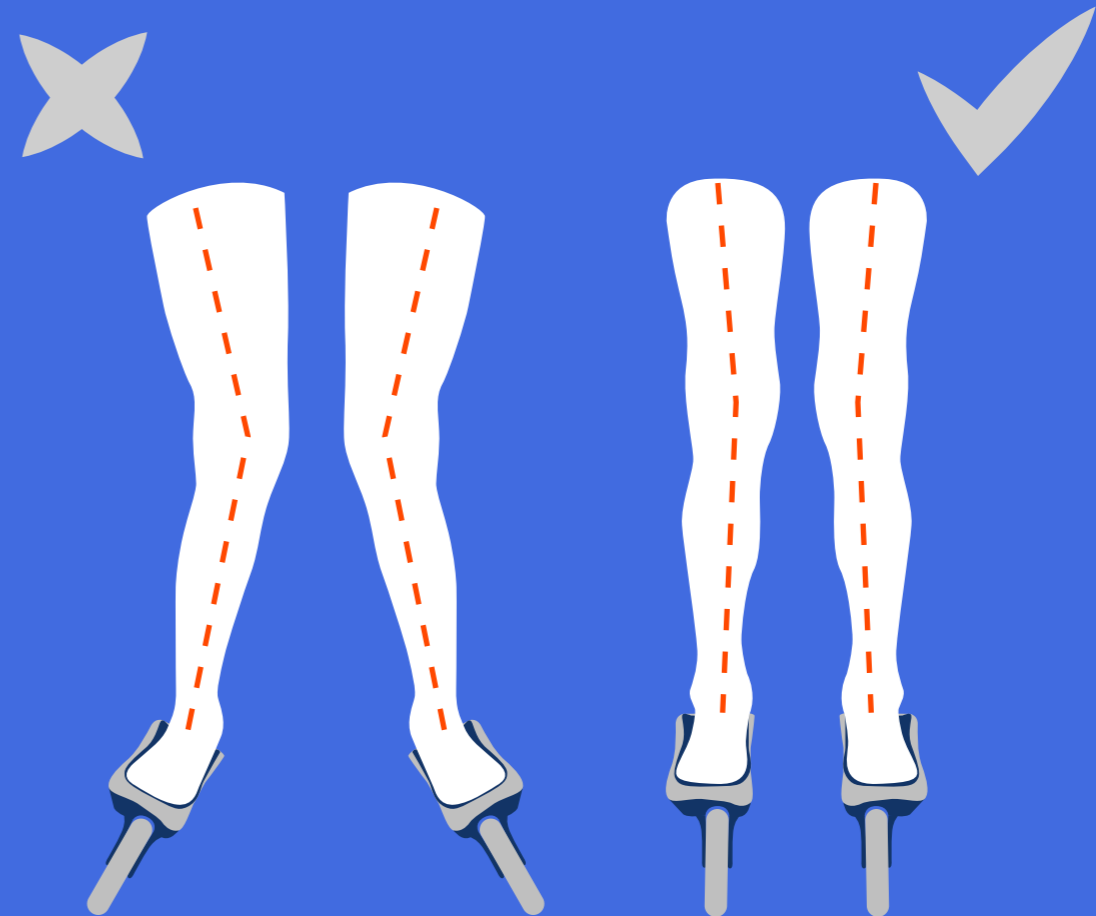


If you fall to the inside
put the high part of
the wedge to the outside.

**195MM
O LEGS**



If you fall to the outside
put the high part of
the wedge to the inside.





5 Stride Control

If your balance is still off then you may need "Stride Control" which allows for the extra angle that you are missing. Place the Stride Control wedges between your boot and frame. If you flex to the inside then put the higher side of the wedges on the outside mounting of the frame, and vice versa if you flex to the outside.





New to skating

Are you new to skating or do you need to break in a brand new pair of skates? Start step by step, do not skate for too long on your first days, make sure that there is no excess movement inside the skates as this can cause friction and blisters. Also consider using special skating socks to prevent blisters.



How to lace your skates?

Lace your skates tightly if you want more control, or keep them looser for more comfort. If you want more support make sure you lace all the eyelets up to the top. This will create less flex and more support.



Top buckle closure flap

If you feel that the top buckle closure on the **NEXT** skate won't close enough for you this could mean that the wing of the plastic flap might be too long for your ankle width. Simply cut the wing to the necessary length and this will allow you to be able to tighten the strap properly. This procedure will work as well for any skate cuff with overlapping wings.



Cuff tight or loose?

A looser cuff will give you more forward flex and that will help you to improve your natural stability. It will also strengthen your ligaments and muscles. If you tighten the cuff you will have better performance and reaction.



Checking all screws

It is important to check all screws and bolts on your skate before each skating session and to tighten them if any are loose. This includes cuff bolts, frame bolts, axle bolts, buckles and the 45° strap.





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