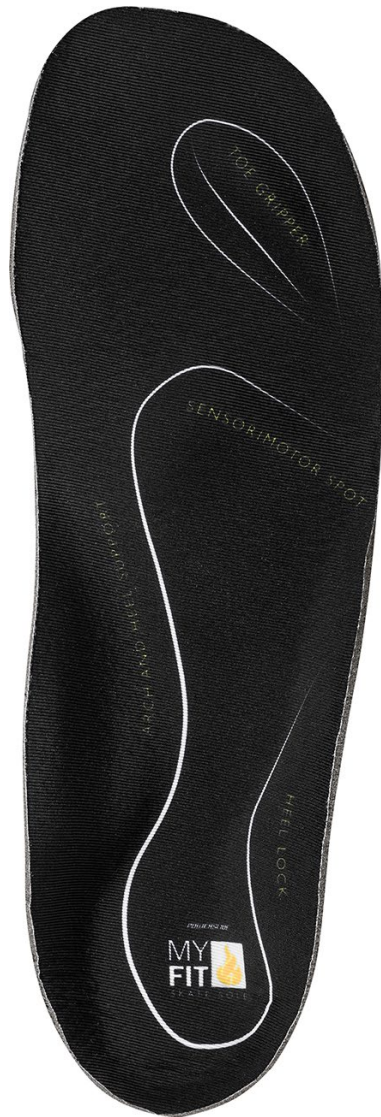




MYFIT FITTING TIPS AND TRICKS



1 The Innersole check

For hybrid skates like Swell, Kaze etc.

Check if you need an innersole, as these hybrid skates are designed and constructed with an integrated innersole. Quite often they can fit better without the extra innersole providing more room and comfort. If you need the skate fit tighter for increased performance then use the extra innersole.



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If there is too much room, then add a thicker innersole, like the MY-FIT Recall innersole with memory foam.



2 Heel lift check

If you can feel your heel lifting inside the skate, check again if the innersole is too thin or thick. The innersole should allow your achilles to sit comfortably in its padding. Also make sure the laces are tight and the 45 degree strap is fixed well too. Heel lift creates movement and blisters, so make sure your heel is locked in tight.



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Try out the MYFIT footies collection, they come in a range of different thicknesses and styles. We also offer a special footie with a specific heel lock function.



3 Arch support check

Do you have fallen arches, flat feet or problems with your knees? This is a major factor contributing to pressure on the inside of the ankles, Tibia bone and Navicular (also problems with your knees and hips). If your bones are touching the skate shell this can cause pain and discomfort. Try the MYFIT arch support, it will lift up your arches and help put the bones of your foot in the correct position again. Make sure to get used to the raised up arches, as your feet are in a new position now so it will take some time to adapt after all the time with flat feet or fallen arches.



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Try our arch support innersole or skating soles with more arch support as well as our 3/4 innersole.



4 Quick heat treatment

Looking for a nice and fast fit improvement? Heat the boot up with a hair dryer for a maximum of 3-5 minutes per boot and whilst its hot put your foot inside and lace it up very tight. The warm upper will now adjust and mould to the shape of your foot and feel better, providing a more snug fit and giving you increased performance when skating.



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We recommend using our MYFIT skate socks with extra padding and reinforced parts for this process.



5 Heat molding

To achieve the best and most direct fit, for full performance, try heat molding your skates.

See our full instructional videos here:

[Skates with liner](#)

[Hybrid skates](#)



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You can use your own standard oven or heat gun at home. If you're not confident with this, check with a shop who has a special MYFIT custom oven for heat molding and can do this for you in store.



6 Heat molding to push out specific pressure points

If you have strong pressure points then we'd recommend to follow the same process for the general heat molding BUT put extra padding (foam or tissues), in the shape of your pressure point ON TOP of your pressure point and fix it with tape on the skin. Do this underneath the socks you use for skating or if you skate barefoot then do this without any socks. When heating up your skate apply additional heat to the area of your pressure point, this is best done with a heat gun. Be very careful to not burn the upper or shell of the skate! Once warm and softened, put on your skate on, but make sure your foot is not in direct contact with any metal. Lace the boot very tightly so your pressure point will be pushed to the outside and give you more room.



MYFIT CUSTOM ADVISE

You can use your standard oven or heat gun at home, or check with a shop who has a special MYFIT custom oven for heat molding.



7 Footies Check

Footies are a great tool to ensure you get the correct fit. They come in different thicknesses with various functions to achieve the desired goal. They can be used if you have narrow feet to fill the gap between your foot and the boot, or if you have pressure points they add comfort and padding. If you have pressure points on your ankle, then try our Donut footies - the extra padding takes away pressure from your ankles. Heel lift? Try our heel lock footie for more performance and control or to prevent blisters and pain.



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Take a look at the complete range of our footies and select the best for your feet and your problem. For further advice contact your nearest MYFIT dealer.



8 Cuff closure and top lace closure check

One common point which can cause pressure points on the ankle and other places is the cuff. As leg shapes are different, each person has to close the cuff in a slightly different way and has their own personal preference, from very tight for lots of support to more loose for freedom of feet.

The tighter you close the cuff the more pressure it creates on the ankles.

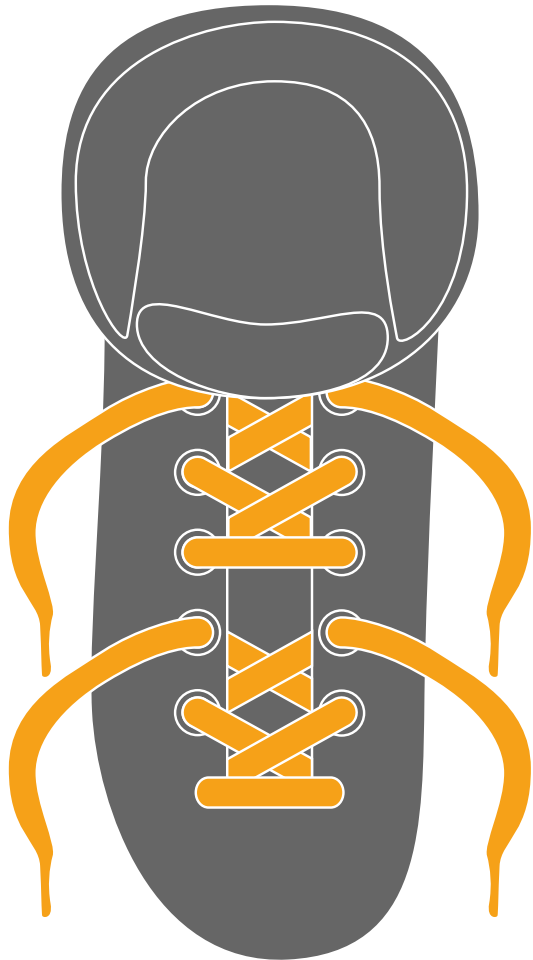
If this happens to you, then it's best to lace the boot very tightly around the top of your foot to keep the support, but loosen the cuff to ease the pressure.

This way you still have great support but reduce pressure points.



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Again take a look at our footie line and select the one addressing your needs best.



9 Double lacing check

Different kinds of lacing also help for comfort and performance. One good tip is to take two separate laces, one to tighten the bottom as snug as you want and one for the top. You can use this technique to tailor the fit better to your own personal needs.



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Use new MYFIT waxed laces that stay in place longer and tighten better for perfect lock.



10 Frame alignment check

Do your skates fall to the inside or outside? They should not. Your skates should always stand straight. Fortunately most skates from Powerslide use a frame system where you can find your own personalized balance. So if you fall to the inside move the frame front and back towards the inside for more support. If you fall to the outside do the opposite and move the frame towards the outside. Women tend to fall more to the inside due to the shape of their legs and hips, while men fall more to the outside also due to their legs and hips shape. Lots of skaters have strong and short muscles like adductors, which creates an „O“ or bow legs shape and then they tend to fall to the outside.



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Take your time to set your skates up properly and ensure a correct frame position. After the first skate to assess your needs, make sure it is set up perfectly before going for the next skate to avoid problems.



11 Stride Control

Another method to adjust your balance is using “Stride Control”, little angled wedges that will make your foot stand straight.

Again if you fall to the inside put these little wedges on the front and rear with the higher part to the outside.

When falling to the outside put the higher part of the wedge to the inside.



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Take your time to set your skates up properly and ensure a correct frame position. After the first skate to assess your needs, make sure it is setup perfectly before going for the next skate to avoid problems.



12 Shock absorber check

Do you like to jump a bit and perform some more freestyle moves? We'd recommend you to add a shock absorber on your heel for more cushion and to help absorb these impacts.



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Try our gel heel shock absorber if you go for more extreme skating.



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