



Podiatrist recommended step by step guide

Riedell Shoes, Inc. 122 Cannon River Ave. Red Wing, MN 55066

riedellskates.com Tel: 800-698-6893

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Please note: Riedell recommends heat molding boots when applicable.

Disclaimer: Seek the guidance of a professional for major foot issues or problems with correct placement of components.

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Dr. Ross Nelson, DPM



Scholl College of Podiatric Medicine

American Board of Podiatric Surgery

American Podiatric Medical Association

Minnesota Podiatric Medical Association

Maplewood Podiatry, founded in 1956 by Dr. Duane Nelson

Endorsement

"I am a former figure skater who grew up with two sisters who competed at Junior and Senior levels. My dad, Dr. Duane Nelson, was a doctor of podiatry. So I have a lifetime of experience dealing with foot related issues—from a skater's and a doctor's perspective.

In my podiatry practice, I have seen hundreds of skaters and have helped them achieve their goals by making proper adjustments for improved performance and pain reduction. This kit can provide solutions to enhance comfort and offer minor medical corrections without risk of injury. Riedell's R-Fit Footbed Kit has my full endorsement from my 40+ years of personal and professional experience."

-Dr. Ross Nelson, DPM



R-FIT Footbed

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Symptom

- Foot discomfort or fatigue

Purpose

Offers support for a safer, more effective skating session. Designed to keep footbed from curling within boot.

Instructions/Proper Placement

Trace your foot footbed and cut to fit. Place in boot patterned-side up. Wear in skating sessions for a few days. Check your foot impression within footbed.



Adjustable Arch Supports

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Symptom

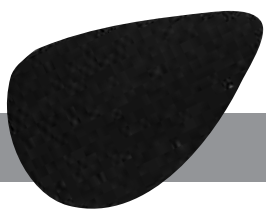
- Discomfort or soreness throughout the foot
- Tendon strain around the ankle area

Purpose

Arch supports in 3 thicknesses (low, neutral and high) add comfort and support to decrease foot soreness and strain.

Instructions/Proper Placement

Select the arch support (low, neutral or high) based on arch height. Neutral arch support is attached for shipping. If discomfort persists, try other support heights.



Metatarsal Pad

Symptom

- Toes grip within your boot (claw foot)
- Discomfort such as soreness, tingling or numbness in toes/ball of foot area

Purpose

Remedies soreness, tingling or numbness in toes and ball area. Helps spread the transverse arch (behind the ball, across the foot width). Reduces toe overextension by supporting the heads of metatarsal bones.

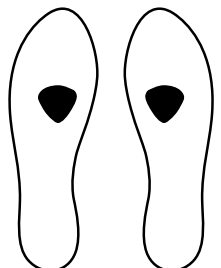
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Instructions/Proper Placement

Using your footbed as a guide, locate the ball of your foot in the impression. Remove the adhesive and place the metatarsal pad right below (not on) the ball area with the pointed end facing the heel.

Once footbeds are in boots, the pad will press just behind the ball area. If this does not feel "good" after a session on the ice, slightly adjust the pad's location. A sore foot from a metatarsal pad indicates the pad is too far forward.

If you're still having trouble, remove pad and make an appointment with your podiatrist to assist with placement.



Heel Lift



Symptom

- Irritation, pain or blistering around heel area
- Heel is moving around in boot
- Narrow heel

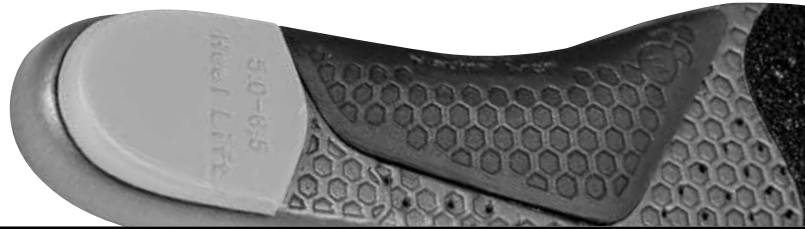
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Purpose

Decreases heel movement and slippage for added stabilization, comfort and technical correction.

Instructions/Proper Placement

Remove the heel cover on the bottom of the footbed and attach the heel lift to the Velcro.



Pronation Heel Wedge



Symptom

- Difficulty holding outside edge
- Tendon strain around the ankle area
- Arch soreness

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Purpose

Corrects pronation for added heel support, stability and shock absorption. Evens the heel for more consistent edge work and jumps.

Instructions/Proper Placement

Remove the heel cover on the bottom of the footbed. Attach the heel wedge to the Velcro. Place heel wedge so the thicker edge is on the inside of heel.



Supination Heel Wedge



Symptom

- Difficulty holding inside edge
- Tendon strain around the ankle area
- Arch soreness

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Purpose

Corrects supination for added heel support, stability and shock absorption. Evens the heel within the boot for more consistent edge work and jumps.

Instructions/Proper Placement

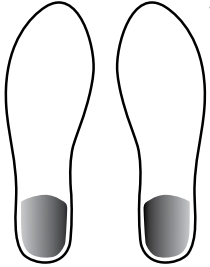
Remove the heel cover on the bottom of the footbed. Attach the heel wedge to the Velcro. Place heel wedge so the thicker edge is on the outside of heel.



Pronation or Supination

Pronation

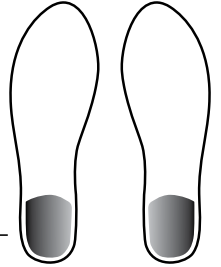
You may be a pronator if, when walking your foot rolls down towards the inside and the arch collapses. Take a look at the soles of your worn shoes, if the inside portion of the sole is more worn than the outside, this is further evidence of potential over pronation. Pronation is more common than supination.



— Thicker edge of the wedge is inside

Supination

You may be a supinator if, when walking your foot fails to roll down towards the inside and your step remains on the outside portion of your foot. Take a look at the soles of your worn shoes, if the outside portion of the sole is more worn than the inside, this is further evidence of potential over supination. Supination is much less common.



Thicker edge of the wedge is outside —