

The image displays the components of a Riedell R-Fit Footbed Kit. On the left, a large, light-colored footbed with a hexagonal pattern is partially visible. In the center, a dark, textured, semi-circular footbed is shown. To the right, a dark, perforated footbed with a geometric pattern is visible. In the foreground, a light-colored, wedge-shaped footbed with a hexagonal pattern is shown, labeled "50-65 Low Arch". A small, dark, teardrop-shaped footbed is also visible in the foreground. The background is white.

*R-Fit*TM

Footbed Kit

Step by Step Instruction Guide

Riedell[®]

R-Fit™ Introduction

Congratulations on purchasing the Riedell R-Fit™ Footbed kit. You have taken the first step to feeling more comfortable in your skates. The information provided in this instruction guide will go over the various components included and how they may be able to help with the foot discomfort you are experiencing.

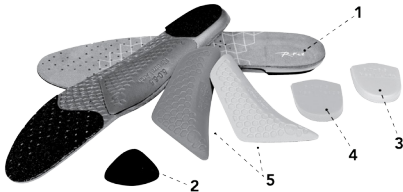
1. R-Fit™ Footbed

2. Metatarsal Pad

3. Heel Lift

4. Heel Wedge

5. Adjustable Arch Supports



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R-Fit™ Footbed



Symptom

- Foot discomfort or fatigue

Purpose

The footbed offers added support for a safer, more effective skating session. It is designed to keep the footbed from curling within the boot.

Fitting Instructions/Proper Placement

Trace your foot's footbed or the existing liner from your skate and cut the R-Fit™ footbed to fit. Place in your boot patterned-side up. Wear in skating sessions for a few days. Check your foot impression within footbed.



Adjustable Arch Supports



Symptom

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

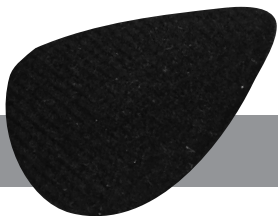
Purpose

The arch supports, available in 3 heights (low, neutral, and high), add comfort and support to decrease foot soreness and strain.

Fitting Instructions/Proper Placement

Select the arch support (low, neutral, or high) based on your foot's arch height. The neutral arch support comes pre-installed on the footbed. If discomfort persists, try one of the other support heights.

Metatarsal Pad



Symptom

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

Purpose

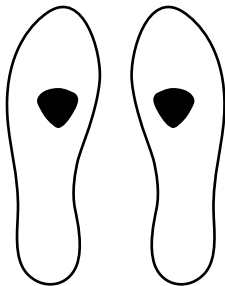
Remedies soreness, tingling, or numbness in toes and ball area. Helps spread the transverse arch (behind the ball, across the foot width). Reduces toe overextension by supporting the heads of the metatarsal bones.

Fitting 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 on the patterned-side of the footbed, 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 skating, 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 you with placement.



Heel Lift



Symptom

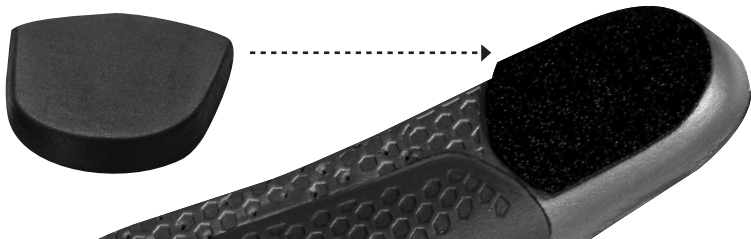
- Irritation, pain or blistering around heel area
 - Heel is moving around in boot
 - Narrow heel

Purpose

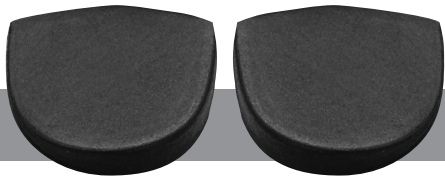
Decreases heel movement and slippage for added stabilization, comfort, and technical correction.

Fitting Instructions/Proper Placement

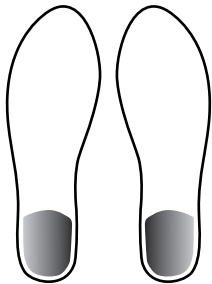
Remove the heel cover on the bottom of the footbed and attach the heel lift to the Velcro. (See image below.)



Pronation Heel Wedge



Symptom



- Tendon strain around the ankle area
- Arch soreness
- Pronation occurs when your foot, while walking, rolls down towards the inside and the arch collapses. The soles of your worn shoes are a good indicator. If the inside portion of the sole is more worn than the outside, this is further evidence of potential over pronation.

Purpose

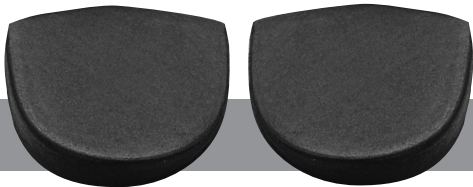
The wedge corrects pronation for added heel support, stability, and shock absorption. It evens the heel within the boot for more consistent cornering and jumps.

Fitting Instructions/Proper Placement

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

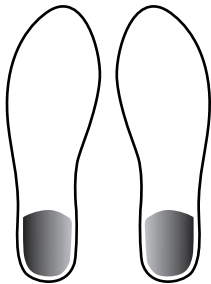


Supination Heel Wedge



Symptom

- Tendon strain around the ankle area
- Arch soreness
- Supination occurs when your foot, while walking, fails to roll down towards the inside and your step remains on the outside portion of your foot. The soles of your worn shoes are a good indicator. If the outside portion of the sole is more worn than the inside, this is further evidence of potential over supination.



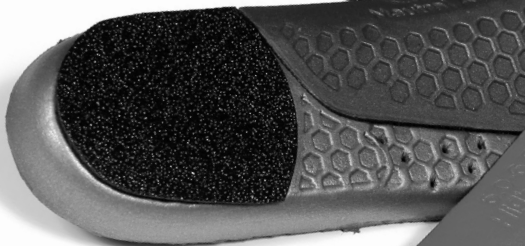
Purpose

The wedge corrects supination for added heel support, stability, and shock absorption. It evens the heel within the boot for more consistent cornering and jumps.

Fitting Instructions/Proper Placement

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





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