

Grishko Pointe Shoe Fitting Guide

Fitting Guide

WIDTHS: Narrow X, Medium XX, Medium-Wide XXX, Wide XXXX, X-Wide XXXXX																
0X width available in Elite only																
Uk Street Shoe	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11
Grishko®	1	1-1.5	1.5-2	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8

Proper Fit

Grishko® pointe shoes are designed to give dancers ultimate support, placement, and comfort. To achieve this goal the dancer needs to be properly fitted by a professional who can determine the best model and size for that dancer. The style of shoe a dancer needs is determined by the shape of her foot (particularly the length of her toes), her strength, and the manner in which her teacher instructs her to go on pointe. Normally the shoes are fitted 2 1/2 to 3 sizes smaller than street shoe sizes. The fitter should check to be sure there is no gapping at the sides or heel. It is especially important that the dancer be properly fitted to prevent injury.

Life Expectancy

The average life expectancy of Grishko® pointe shoes is approximately 8 hours. After use, the dancer should dry their shoes completely to maximize the longevity of their shoes. We recommend stuffing the shoes with paper towels for three days to keep the shoes' shape while they air dry.

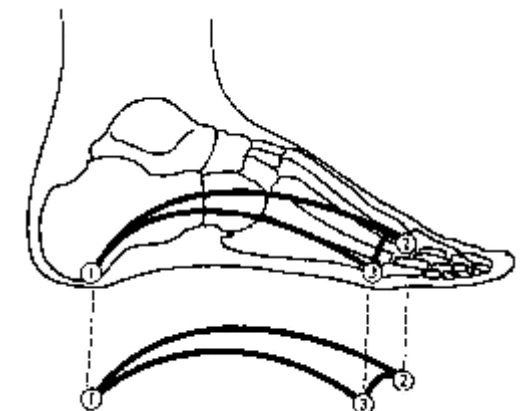
The foot has two sets of arches, longitudinal and transverse.

In picture 2 the longitudinal arches run from point 1 to 2 and and from 1 to 3.

The transverse arches run across the arch of the foot and the lowest is situated between points 2 and 3.

Maintaining these arches is of crucial importance to the well being of the foot and allowing the foot to walk, spring and jump normally.

We believe that the foot on Pointe must be supported in these three places.



Picture 2



PROPER FIT

The Grishko Pointe shoe is designed to give dancers ultimate support, placement, and comfort. To achieve this goal the fitter needs to determine the best model and size for each dancer. Normally the shoes are fitted three sizes smaller than street shoe size with the same width, or possibly one width wider. The fitter should check to be sure there is no gapping at the sides or heel. It is especially important that the fitter educate the parent about proper fitting to prevent injuries and on the life expectancy of the shoes, (Approx. 8 hours.) To maximize the longevity of the shoes, the dancer should dry shoes out completely after wearing, preferably for 3 days, and should stuff with paper towels to keep their shape while they air-dry.

GAPPING?

Since the bones of a foot are not totally hardened and joined until the age of 20-23, incorrect sizing can damage a dancer's foot. The shoes must fit snugly. Before allowing the dancer to try on the shoe, take the box and flatten it in the palm of your hand. This is necessary to guarantee there is no gapping at the "v" of the vamp. **WHICH STYLE?** The style of shoe a dancer needs is determined by the shape of her foot (particularly the length of her toes), her strength, and the manner in which her teacher instructs her to go on Pointe. If the student has been taught to "roll through" demi-Pointe, then she should be fitted with either the **MAYA I** or **MAYA II ELITE** or **2007** styles. However, if the dancer is more advanced or has been instructed to use Russian technique of going on to Pointe, she should be fitted with either the **VAGANOVA** or **FOUETTE**, as these models enhance the dancer's ability to spring onto Pointe.

BIGGER IS WORSE

Although a perfect fit is optimal, it is safer to have shoes that are tighter than looser. It is impossible

to achieve proper support and balance with a shoe that is too large. A shoe that is too big will give inadequate support to the arch and it could possibly collapse, causing the dancer to go over on Pointe.

The platform can also collapse in a large shoe when a dancer has softened the edge of the platform

by continuously sliding on it. The dancer should not sink into the box of the Pointe shoe, but rather

be able to just lightly feel the floor. Remember, shoes stretch out as they are worn and may cause the foot to sink into the shoe which can cause the big toe to twist. Shoes, which are too big, can cause bunions, corns, blisters, and bruised nails.

TOO TIGHT?

A shoe, which is too tight, will squeeze the toes and joints and will not allow the foot to work properly. The shoe should hold the toes snugly, but not bunch them together. They should be able to spread slightly sideways, and the tips of the toes should just touch the end of the shoes when the weight is evenly distributed. The right and left edges of the foot should be slightly tight against the edge of the shoe. The toes must not be bent, pressed against the tip, or feel sore inside. Have the dancer demi-plie in the shoe to see if her arch has room for expansion. An arch that does not have room to expand can gradually lose its elasticity.

FOR THE BEGINNER

Any roll-through model in a soft shank is recommended for dancers just beginning Pointe.

LONG TOES

Long toes require a higher vamp. If a vamp is too short, it will cause the foot to break over the toe, which is unattractive. If the vamp is too long, it will throw the dancer back and prevent full Pointe positioning.

SHANK STRENGTH

A soft shank is usually best for a beginner. A hard shank is often appropriate for feet with over-extended arches or for particularly strong feet. Not usually recommended for beginners.

Grishko

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