

WOMENS CUSTOM BOOT FITTING



GIFT VOUCHERS ARE AVAILABLE

CUSTOM FIT BOOTS ARE AN IDEAL GIFT FOR THE IMPORTANT WOMAN IN YOUR LIFE

Everyone can benefit from having their ski boots professionally custom fit. Benefits range from improved circulation (warmer feet) to more precise and powerful turns. There is no need for anyone to suffer uncomfortable boots in this day and age. Of course some people stand more to gain than others and often it's women.

For a variety of anatomical reasons women can often improve their skiing dramatically and overnight by getting their boots set up right.

HOW ARE WOMEN DIFFERENT?

1. The centre of mass is around the hip area as opposed to the shoulder area for men. This means we carry our weight lower and easily fall into the back seat when skiing. Boots need to accommodate this. Unfortunately, if they are not fit correctly they can worsen the problem.
2. Calf muscles are lower and the bulk often sits inside the boot rather than above the cuff. This problem is exacerbated for some women who have larger calves in general. The result is that the heel can not sit in the back pocket of the boot and the leg is driven forward so that the knee is far in front of the toes. This means that the quads and calf muscles are engaged before you even start skiing (making you tire quickly) and range of motion is reduced so that you cannot flex and extend your legs as much. This can also lead to increased pressure on the lower spine.
3. A wider pelvis translates as a larger q angle. The q angle is determined by taking a line from your pointy hip bone to the center of your knee then finding the angle between this line and a vertical line running straight through your knee. As women have a wider pelvis this angle is larger (average is 22° compared to men's average of 18°). This causes increased strain which is one reason women suffer more ACL injuries. This bringing of the knees together inhibits them from rolling into the turn freely. It can also promote increased pressure on the inside edge of the ski preventing the ski from riding flat on the snow.
4. Women often suffer colder hands and feet and therefore it is even more important to ensure good circulation to the feet by not having any pressure points or squished feet.



And of course women are just as likely to have other boot-fitting problems the same as men in addition to these ones.

WHAT SORTS OF THINGS CAN WE DO TO FIX THESE PROBLEMS?

There is not enough space here to detail all the techniques we employ but I would like to tell you about two important boot-fitting techniques that can make a HUGE difference to many women.

CUFF UPRIGHTING – addresses problem number 2. We remove the upper cuff completely from the lower shell then change the shape of the spine of the lower shell to match the shape of the calf. Next we grind down the base of the upper cuff to change the forward lean of the boot. Then the boot is riveted back together and presto! If problem number 2 has been your enemy you will be stunned at the result in your skiing the very next day.

BOOT SOLE PLANNING – addresses problem number 3 (amongst other problems such as pronated feet or bowed legs). For this method we accurately measure your stance and decide what angles are needed to bring your knees into an aligned position. Next we use a highly specialised grinding machine to make the base of your boots match these angles. The toe and heel lugs are then brought back to DIN standard by using hard epoxy then grinding them to the precise height required by your bindings.

These are just two examples of a wide range of techniques that we employ to give you happy feet and better skiing. Come in for a consultation or a just a chat and discover a new level of comfort and ski control. Bring your boots and your ski socks and have a little time up your sleeve. I guarantee your feet will love you for it!

For previous articles on boot-fitting and women's ski equipment please reference our website www.banffspringsski.com

BEC JOHNSON, owner of Banff Springs Ski & Mountain Sports has been boot-fitting for over 10 years and has several boot-fitting, ski-instructing, ski technician and kinesiology qualifications as well as a Bachelor of Science degree.

Located in the Conference Centre at The Fairmont Banff Springs Hotel

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