



# 10 Steps To The Perfect Ski-Boot!

(The Process for Snowboard-Boots is very similar)

## **Step 1: Realize that you are unhappy with your ski boots**

Only you can judge what you want and what really fits. So: do not listen to others, friends or family - only to your own body"! Good advice from the specialist is here the most important input.

## **Step 2: Segment the type of skier you are**

How well do you ski?

What kind of pistes and where do you ski mainly?

What is your style and hence to what should the ski-boot enable you to do?

What ski-boot did you have so far - what was good/not so good about it? What was the flex index?

## **Step 3: Measure the feet, legs and body axis**

Exact picturing and analyzing of your feet with a "PressCam" & Podoscope

Video analysis and laser measurements to determine your body's axis (e.g., for the correct canting)

## **Step 4: Select the suitable ski boot**

Based on your measurements, your own boot and particularly the outer shell is examined for fit or a new one is chosen - your foot determines the correct length, width and volume of the shell needed

From several options, the best fitting shell is chosen

If needed, the shell can be adapted to specific needs (e.g., shortening of the bootleg, selective widening,...)

## **Step 5: Determine the appropriate liner**

What are your demands of the line? How fitting, how strong, how warm should it be?

Are you very active in the shoe or do you freeze easily?

Do you have problem areas that should be considered (such as a Hallux, ankle injury, diabetes,...) ?

With all these information points, the choice is made between the existing, a thermoforming or a foaming liner.

## **Step 6: Chose the best tongue**

In special cases, the tongue of the chose liner will be exchanged against another one - that is a question of performance and/or comfort. Choices are between a conventional, a stronger/harder, a foamed or also an individually crafted tongue.

## **Step 7: Form the insoles**

Our specialty is to fit you into your show with the optimal flow of power and energy - even in the static ski boot.

In a special process, the individual insole is being crafted per foot. It supports the foot in a natural way and reduces fatigue and numbness.

With a optimized fit, you do not have any irritation or movement in the shoe that otherwise would distract energy in your ski boot and negatively influence your control over your ski.

## **Step 8: Adapt the liner**

The individual adaptation of your liner often takes the most amount of time.

Every foot is being individually considered to ensure that there are no unnecessary and uncomfortable pressure points. The insoles from point 7 are a key element in the fitting of the liner.

## **Step 9: Test in relevant movement**

Shell, liner, tongue and insole are combined and worn with the appropriate socks.

Several movements are requested to confirm the correct fit.

Please remember that the real - often several day-long - skiing exercise cannot be experienced in the shop - only the real skiing can help to identify potential areas for improvement.

All elements can be - partly for free, partly for a fee - reworked.

## **Step 10: Consult about the necessary hygiene and care of ski boots**

The comfort and the lifetime of the ski boot is decisively dependent on the proper care and hygiene. We give you practical tips.

Wearing parts such as heel plates, buckles, edge strips can be renewed.

We all change (e.g., our weight, conjunctival tissue, muscle strength, ...); therefore, the shoe should be checked from time to time and - if needed - be adjusted accordingly.