

Pointe Shoe and Foot Health

As dancers progress into pointe technique, it is important that feet and pointe shoes are taken care of to remain healthy and strong throughout classes and rehearsals.

a. Pointe Shoes Lifetimes

Pointe shoes do not last forever. Typically a pointe shoe has a 15-25 hour lifetime. A dancer's first pair of pointe shoes will last significantly longer than all future pairs due to the fact that dancers are building foot strength with their first pair of pointe shoes. When pointe shoes become too soft to properly support a dancer, they are termed "dead." Dancing in dead shoes for an extended period of time increases a dancer's risk of both acute and stress injuries. Replace dead shoes to avoid this added risk.

b. Pointe Shoe Care

Airing out pointe shoes helps to extend their lifespan, as well as preventing fungal and bacterial growth. When dancing in pointe shoes frequently, it is highly recommended to rotate between two or three pairs of pointe shoes at a time to allow the shoes time to air out.

c. Foot Care

Students should keep toe nails short to avoid discomfort when dancing en pointe. After dancing en pointe, students should ice their feet for 5-8 minutes in ice and cold water. After long rehearsals and classes, icing will help reduce swelling and inflammation.

d. Footcare Seminar

A foot and pointe shoe seminar will be held virtually once a year for students and parents Levels 3-6 classes to help educate BCL students and parents about foot and shoe care.