

# Boot Fitting Problems and Remedies

Step	Remedy	Result
<b>Cramping Of Calf Muscle</b>		
1	Heel lift	A heel lift will lift the leg up and out of the boot so reducing pressure on the calf muscle
2	Remove spoiler	Lots of boots have a spoiler between the shell and inner boot. Removing it will create more volume for the larger legs.
3	Slacken boot	A boot that is tightened too much will put excessive pressure on the calf muscle this in turn can cause foot cramps especially in women
<b>Rubbing Internal Ankle Bone</b>		
1	Customised insole	The bones in the feet will be realigned. Most people collapse to the inside and the internal ankle bone is the bigger of the two
2	Stretch boot	A boot stretcher will push the plastic away from the pressure point
3	Doughnut padding	Ankle sits in hole as doughnut padding takes most of the pressure around the outside of the ankle bone
<b>Heel Lifting Out Of Boot</b>		
1	Butterfly padding	The thickness of the padding pushes the inner boot in towards the ankle/lower leg area making the fit a lot tighter
2	Heel retainer	Again pushes the inner boot in towards the foot. Only useful if there is slight heel lift.
<b>Sore Shins</b>		
1	Good socks	Non technical socks can cause excess pressure or create rubbing
2	Gel padding products	Allows the gel to take the impact not the shins.
3	Heel lift	Remanouvers the lower leg into a slightly different position which may reduce pressure



4	Buy new boots	Boots may be too stiff and this causes the shins to rub as you try to hard to flex the boots
5	Customised insoles	Again the bones in the feet will be realigned which allows your leg to flex forward correctly.
<b>Arch Cramps</b>		
1	Customised insoles	The insole supports the arch so the foot cannot collapse which in turn would make the muscles stretch
2	Loosen instep buckle	Too many skiers have the instep buckle too tight. This then pushes down on the foot which causes the arch to collapse
<b>Sore Toes</b>		
1	Heel lift	The heel lift brings the toes away from the front of the inner boot
2	Stretch boot in length	Will make boot slightly longer. Only done as a last resort. If you stretch the shell you may need to have bindings re adjusted.
3	Buy new boots	It may be the boots are too small so the toes will touch the front or they are too big and loose so foot moves backwards and forwards.
4	Customised insoles	A customised insole will support the whole foot so the foot cannot elongate when weight bearing
<b>Cold Feet</b>		
1	Heated insole	The only remedy if you suffer from bad circulation. You can buy off the peg insoles or ideally have customised ones made.
2	Thinner socks	Sometimes the thickness of a sock can make the boot feel too tight so restricting blood flow
3	Slacken buckles	If toe and instep buckle are fastened too tightly the blood flow is restricted leading to cold feet
4	Buy new boots	It may be that the boots are too small/tight and only by changing will the feet have enough space without restriction
<b>Forefoot Cramps At Width</b>		
1	Stretch boots	By making the boots wider you will dramatically reduce the pressure from the width. Useful for wide feet or bunions.

2	Heel lift	A heel lift under the back of an insole allows the foot and lower leg to move to a slightly different position often resulting in reduced pressure
3	Customised insoles	An insole will spread your weight equally throughout the base of the foot which in turn will reduce the width of the foot slightly
4	Buy new boots	It may be that your boots are too narrow and only changing to a wider fit will resolve the problem.

### **Burning Under Ball Of Foot**

1	Customised insoles	An insole will spread your weight equally throughout the base of the foot which in turn will reduce pressure under the ball area.
2	Buy new boots	If boots are too narrow or small you may get discomfort under the ball of the foot

### **Tingling Sensation / Pins And Needles**

1	Heel lift	Moves foot to a different position quite often reducing pressure
2	Customised insoles	An insole will spread your weight equally throughout the base of the foot which in turn will reduce the width of the foot slightly
3	Slacken buckles	If toe and instep buckle are fastened too tightly the blood flow is restricted and nerve ending can become trapped leading to forefoot sensations.
4	Thinner socks	Sometimes the thickness of a sock can make the boot feel too tight so restricting blood flow and trapping nerves
5	Buy new boots	It may be the boots you have are just not right for your foot shape or size.