

# How should my daughter prepare for pointe fitting?

She should prepare her feet as she would for dance class or performance, and she should wear comfortable street clothes (dancewear is not required unless requested by the teacher). Remember that the fitter will need to see your daughter's bare feet. Avoid fitting right after a dance class or other exercise, when feet may be swollen.

## Foot Care

File nails regularly so that they do not protrude beyond the flesh of the toes, but never low enough to cause inflammation. Keep the feet clean and dry, to inhibit growth of bacteria and fungus and to encourage healing of any abrasions.

## Clothing

is comfortable but not baggy, so that the fitter can see the dancer's placement throughout her body.

## Stockings

are lightweight, such as dance tights or those provided by the fitter. If tights are worn, they must be convertible, to give access to bare feet.

## Long pants

can be rolled up, to show the feet and ankles.

## Stretch the feet & ankles gently

before the fitting, to avoid strain and cramping on pointe.

6 For more about exercising the feet, see page 22.

