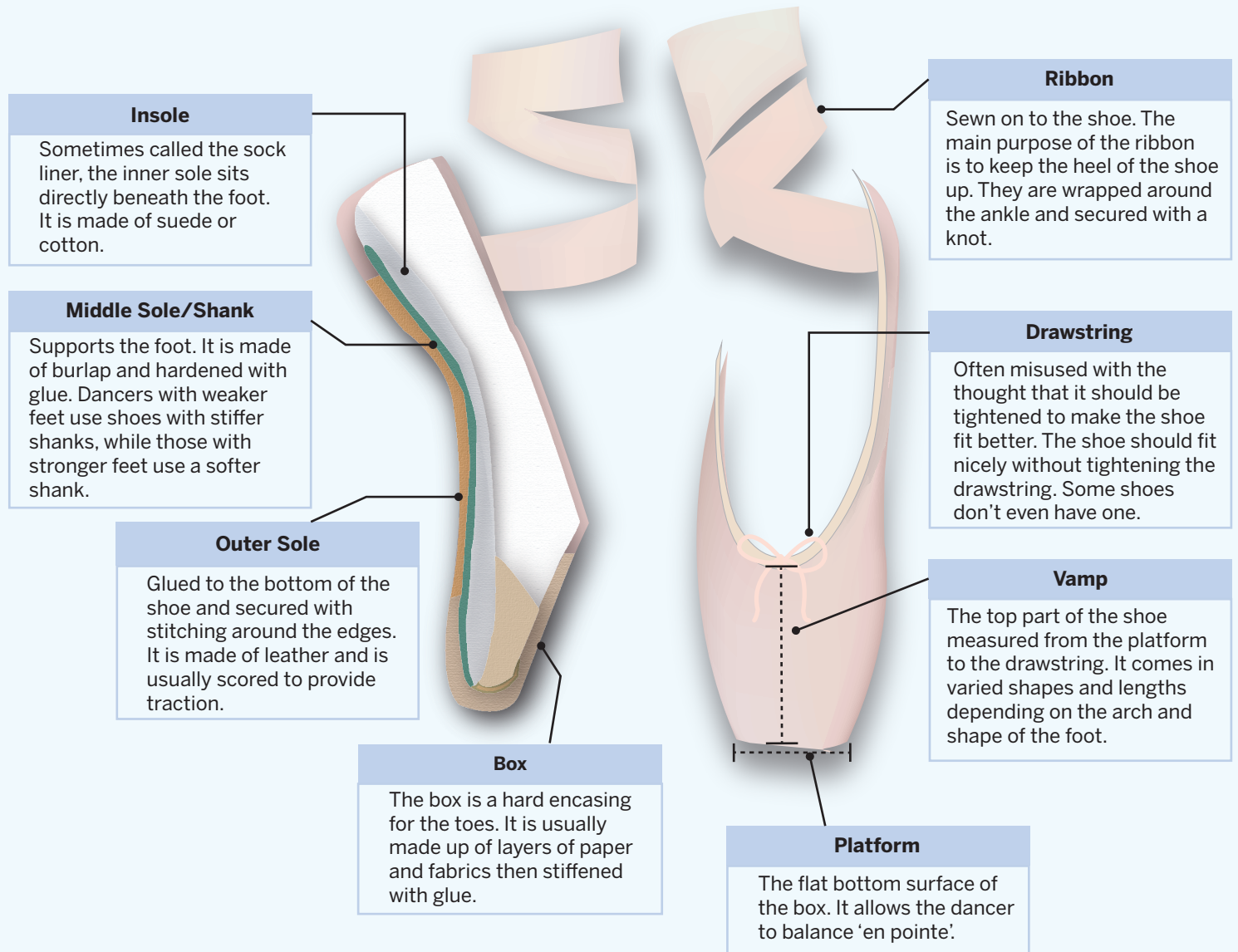


Getting To The Pointe

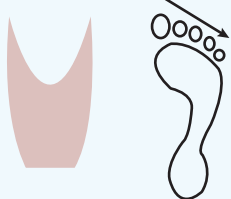
Although the art of ballet has been around since the 15th century, pointe shoes didn't develop until the late 1700's. After many modifications, today's pointe shoes give dancers the support to appear weightless during performances. While pointe shoes may look dainty and fragile, there is actually a lot of work and material that goes into producing a pair. Close attention to size and small details are imperative when making as well as choosing the right pair for a dancer.



Which Box Is Best?

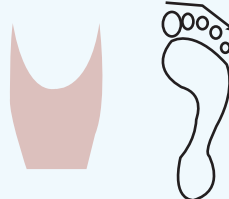
It's important for a dancer to choose the right box in order to protect their feet and minimize pain. Boxes are based on toe shape, width and length, along with profile foot height.

Egyptian Toe
Narrow Box



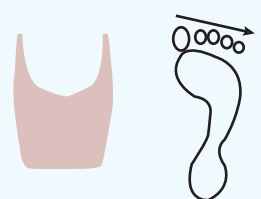
Dancers with tapered toes typically use a shoe with a narrow box to support metatarsals and the low angle of their toes.

Peasant Toe
Medium Box



If the first two or three toes are the same length, dancers will usually use a medium box. This ensures support without too much extra space.

Square Toe
Wide Box



Although every toe may not be the exact same length, dancers with toes that don't taper as much need a box with plenty of room for all toes.