
Get an edge with a professional pedorthist ski boot fitting.

What is a Board Certified Pedorthist?
A pedorthist (ped´or-thist) is qualified to fill prescriptions for foot orthotics and footwear, modify and evaluate function of footwear and conditions related to the foot. Board Certified means that this individual has passed the national exam and continues to update his or her education.

The Foot Performance Center is a fully accredited pedorthic facility.



Ski Boot Performance Center

Featuring:
The Foot Performance Center in
Rochester, with a satellite location at
Bristol Mountain Ski & Snowboard Resort.

Get the most out of your ski boots,
get the most from your effort.

TWO LOCATIONS:



The Foot Performance Center
3385 Brighton-Henrietta Town Line Rd.
Rochester, NY 14623

Call for an appointment
585-473-5950



5662 Route 64
Canandaigua, NY 14424
585-374-6000



Performance Boot Fitting for Skiers



CUSTOM SKI BOOT FITTING

The Foot Performance Center is qualified to fit your ski and snowboard boots.

Like an Orthopedic doctor who specializes in sports medicine, a Pedorthist who has an interest in skiing can take extra education that specializes in ski boot fitting. At the Foot Performance Center, boot fitters – specially trained by Board Certified Pedorthists – offer you the best ski boot fitting experience. As skiers and racers they have first hand knowledge on the importance of a properly “tuned” and fitted ski boot.

Why the Foot Performance Center?

David Cardillo, Board Certified Pedorthist and Orthopedic Shoe Technician founded the Foot Performance Center in 1991 with the goal of providing superior foot care for active sports enthusiasts, including alpine and cross country skiers. Prior to that, Dave owned a ski shop that emphasized ski boot fitting and alignment. This interest fostered his continued practice of fitting the area’s top racers, instructors and ski patrollers. Dave and his staff continue to offer the latest in ski boot fitting, foot beds, balancing and alignment at locations in Rochester and at Bristol Mountain Ski Resort. At our two locations, we offer a wide selection of custom made foot beds and orthotics that are manufactured at the Foot Performance Centers’ in-house lab.

Can I have my existing boots fit or do I have to buy new?

If your existing boots fit properly, you can enhance the fit and performance. Many skiers feel the improvement almost immediately. Better edging, comfort, power and less fatigue are experienced.

Custom Footbeds

Feet function in ways to absorb shock, adapt to uneven ground, and provide support. That’s for normal function, not skiing.

When skiing you must have the foot properly aligned to create a stable base. This reduces the amount your muscles and tendons must work to keep the foot stable. You thereby experience less fatigue, better transfer of energy to the edge of the ski, better ski boot fit, and longer, more comfortable days on the slopes. Custom foot beds are made from an aligned foot position to maintain that alignment throughout the skiing mechanics.

Alignment

Once your feet are properly aligned inside your ski boot, it’s time to move up the leg. Knee alignment transfers directly to how the you edge your skis. Poor alignment can make it more difficult to hold your edge or to initiate a turn. This can cause you to rotate your hips or slide through the finish of your turn.

We align the boot cuff to the shape of your lower leg and adjust the height of the heel to ensure proper balance. Your ski boots will then be planed or cants will be placed under your ski bindings to the correct angle to place your knees in a position to best initiate and hold your turn.

Lifters

Raising the sole height of your boots will allow today’s wide skis to get on edge without “boot out” causing you to lose your edge.

We can stop your suffering, increase your performance, and help you have happy, comfortable feet when skiing or snowboarding.

Complete Boot Fitting Services

Boot Fit Analysis

Alignment Evaluation

Shell Stretch or Grind (first spot)

Liner Padding or Excavation

Sole Planing with Lifters

Over-the-Counter Footbeds

Powerstep

Sole

Amfit™ Custom Select

FPC Multi-Sport (Custom Ground)

Amfit™ Custom Footbed

COMPLETE FIT PACKAGE

Includes fit analysis, alignment evaluation, shell and liner adjustment, sole planing with lifters, Amfit™ Custom Footbed and balancing

Note: All boot sole work requires a signed release and binding release check. Not included.

Call for an appointment:

**Foot Performance Center
585-473-5950**

**Bristol Mountain
585-374-6000**