

Pointe Shoe Quick Fit Checklist

Use this checklist every time you are fitted for new pointe shoes.

Before you Try Shoes On

- I am wearing my usual toe pads and tape
- My toenails are trimmed
- I am trying shoes standing, on demi-pointe, and en pointe

Length & Toes

- My longest toe touches the end without bending
- My toes feel straight—not curled or overlapping
- I do not feel pressure on my knuckles

Width & Box

- The shoe feels snug but not painfully tight
- My bones do not feel pinched together
- The ball of my foot lies flat on the floor

Vamp & Support

- My knuckles sit just below the vamp line when en pointe
- The vamp does not cut too high or feel too low
- I feel supported without fighting the shoe

Heel Fit

- The heel fully covers my heel when flat
- The heel stays on when I rise to demi-pointe
- The drawstring feels secure but not restrictive

Shank Strength

- The shank bends slightly when en pointe
- It is not completely rigid or collapsing
- I can get fully over the box without sinking

Final Check

- I can balance comfortably en pointe
- My alignment feels stacked and supported
- The shoes feel snug but wearable—not painful