



Experience. Excellence.



Custom Ski/Skate/Cycle/Hiking Orthotics

Don't let foot pain ruin the fun of skiing. Dr. Talarico is a Board Certified Podiatric Surgeon who provides expert care to individuals like you all across the Bay Area.

Dr. Talarico is an avid skier/long distance hiker/climber and takes pride in understanding the needs of high performance athletes. Whether you are hitting the slopes with your family or being delivered into serious heli-skiing country, custom ski orthotics will deliver unmatched comfort and performance.

Are your boots "killing you" after a hard day on the slopes? Have you spent *hours* with boot fitters only to go back a few weeks later because of a hot spot? Have you tried over tightening your boot buckles to gain some measure of control? Loosening the buckles on the chair ride up and tightening at the top of the mountain... Only to have your circulation cut off as your feet get cold. Sound familiar?

Are you frustrated with the lack of edge control? Custom ski orthotics are designed to increase **power transfer to the ski edge**. Aside from performance, ski orthotics are designed to improve boot comfort through boot fit. Excessive foot motion inside your ski boot translates to sloppy mechanics, foot fatigue and overall poor performance translated through the boot to the ski edge.

"Over the counter" foot inserts that can be purchased at any local ski retailer are not customized to your individual foot type. Also, generic insoles that come standard in ski boots offer minimal support and will not translate into superior edge control on the slopes.

Foot structure differs from person to person and therefore, a custom orthotic is one of the only ways to manage foot motion inside the ski boot. There must be an intimate relationship from the foot to the ski boot, down through the ski, and onto the snow in order to improve performance and comfort.

Standing in the store does not put the necessary strain on the foot, so the ski boots that you purchase generally feel great... initially. However, many things change when you hit the slopes. Significant forces are distributed through the arch when you make a turn. These forces must be taken into consideration in order to deliver superior performance and comfort. Custom ski/skate/cycle/hiking orthotics are a must-have for serious or competitive skiers, hikers, cyclists, hockey players, figure skaters.

Office custom fittings available – 800-943-8099.



Experience. Excellence.

Custom Ski Orthotics



Boot fitting 101

Most skiers need some degree of customization to obtain maximum performance out of a ski boot. Some athletes need a great deal of customization and some need very little. However, the boot that you chose is the one piece of equipment that is critical to obtaining the desired performance and comfort throughout the day. It is the most critical piece of equipment that will see you through hours/days of enjoyable turns on the slopes or it will be the one piece of equipment that you can't wait to remove only after a few hours.

There are many factors that need to be pieced together in order to elevate your performance and to maximize comfort – and it all starts with the boot. If you strive for high performance and long-term comfort, many components need to come together in concert with each other. If you also add the specialty requirements of backcountry skiing where performance of a boot is intimately tied to its walking comfort along with the delivery of leg power – you have a very tall order to fill.

Components to the ultimate fit:

First, you need the proper boot environment, which encompasses the shape of the shell as well as the shape of your foot. A boot needs to have enough length to fit your foot without bunching up your toes or allowing your foot to move forward and backward while being just the right width in order to cradle your foot without cramping it. The boot also needs to be wide enough to cup your heel without squeezing it or allowing it to slop from side-to-side.

Second, the foot needs to be stabilized within the boot. A combination of the correct shell size and shape as well as a solid foundation will provide an intimate contact layer between the sole of your foot and the bottom of the boot. This intimate foundation will enhance reactive speed between turns and increase performance by reducing the lag time of the boot to “catch-up” with your foot movements inside the shell. Custom ski orthotics will cradle the unique anatomy of your foot by supporting your natural arch and will provide the needed support for when you are carving a hard turn. An over-the-counter or stock insert will not provide the level of performance and comfort you desire. Elevate your skiing to a whole new level by integrating form and function and feel the results.

Office custom fittings available 1-800-943-8099.

www.WebsterOrthopedics.com