

# Figure skating

After more than ten years of development, a new metal-hinged skating boot claims to reduce the joint injuries that plague competitive skaters

**Hinged system:** Boot hinged where ankle pivots, allowing skater to point toes and ankles to flex

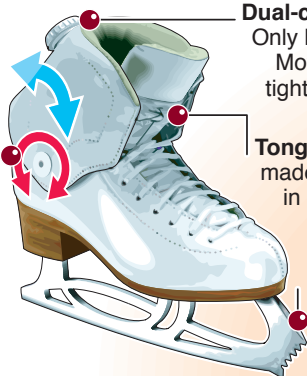
## INJURY HOTSPOTS

Foot / ankle

Patella

Lower back

Hip



**Dual-closure system:** Only lower part laced. Movable upper part tightened by rotating dial in back

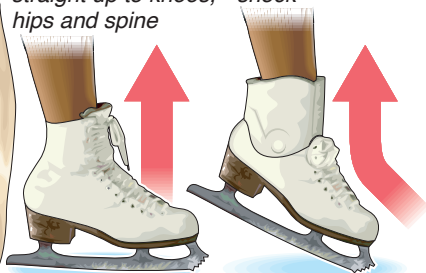
**Tongue:** Mid-section, made of gel encased in neoprene fabric, allows ankle movement

**Blade:** Serrated edge in front tip to assist jumps, spins and stops

## INJURY PREVENTION

**Rigid boot:** Flat-footed landing, transfers stress straight up to knees, hips and spine

**Hinged boot:** Ankle movement increases landing time and absorbs shock



Hinged design thought to reduce landing impact forces – of up to 10 times skater's body weight – by about one third

## ALL-TIME MEDALS

Individual / Pairs / Dance

RUS	10 / 19 / 15
USA	36 / 5 / 1
GER	10 / 11 / 0



Sources: TOROC, Jackson Skates