



Medical Endorsement – Dr Aneel Nihal FRCS (Glas), FRCS (Edin), FRCSEd(Ortho), FRACS(Ortho)

As a Consultant Orthopaedic and Trauma Surgeon specialising in feet and ankles, I have examined many dancers and witnessed first-hand the common and serious toe/foot issues associated with dancers, especially those that dance on pointe. In my opinion En Pointe Orthotics offers a preventative to lessen the possibility of injuries and deformities plaguing the dance industry.

I have comprehensively examined the En Pointe Orthotics and believe an important factor in their design is that they are specifically customised to the unique anatomy of the individual's foot. I have been informed that this is only to be fitted by trained fitters. The composition of this device is such that it allows the fine movements of the toes yet still provides support and maintains the alignment, in particular the proximal, middle and distal phalanges.

The pressure on individual toes whilst en pointe can exacerbate misalignment which increases the likelihood of injury and deformity. The ability of En Pointe Orthotics allowing distribution of weight evenly across the toes, together with their shock absorbing properties and increased support by alignment, make them suitable for dancers who dance on pointe.

In dancers that have previously developed pain or deformities of the toes, En Pointe Orthotics may be beneficial in preventing further deformity and help to relieve pain while dancing on pointe.

I have seen En Pointe Orthotics and have no hesitation in recommending En Pointe Orthotics, giving me satisfaction to know that dancers now have access to a product that deals with the health of their feet.

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