

# Ask Mr. Edge

## Relief effort

Simple remedy can help you skate pain-free

**H**ave you ever wondered what to do about relieving the pressure that is against your ankle bones, toe bunions or some other sore spot on your foot?

It doesn't matter if it's a new, used or old boot you're skating in, the pain you experience from the boot being too stiff or the sudden growth of a bunion can in most cases be easily relieved by simply molding or punching out the affected area.

As you can see below, with just the right piece of equipment you can once again be skating pain-free.

Now it's time for some questions.

**Q:** How do I take the rust off my blades? I've already scrubbed them but there is still a dirt-like color to them.

*Klaire, Philippines*

**A:** First and most importantly, make sure that when removing any rust from your blades, you do it just before having them sharpened so as to not dull the edges. This is easily accomplished by applying a small amount of oil (no particular brand) to

the sides of your blades and then using a metal sanding pad, not sandpaper, to remove the rust. When finished, you'll notice a dirt-like color remains on your blades. This is nothing more than a water stain and is only cosmetic. There is nothing you can do to totally remove it from your blades. It will not damage your blades in any way.

**Q:** My feet keep hurting in the arch area, but only sometimes. Why?

*Allison, Scranton, Pa.*

**A:** Chances are that since your feet hurt sometimes, that you are not putting your skates on properly. If they always hurt, then you would most likely need an arch support or orthotic device in them. Whenever putting your skates on, be sure and loosen the laces down to the tip of the toes. This will allow the boot to open up down through the arch area when putting them on. Remember to also kick back on the heel of the blade after putting them on to make sure that your foot is properly placed in the boot and that the arch of your foot is laying properly

over the arch of the boot.

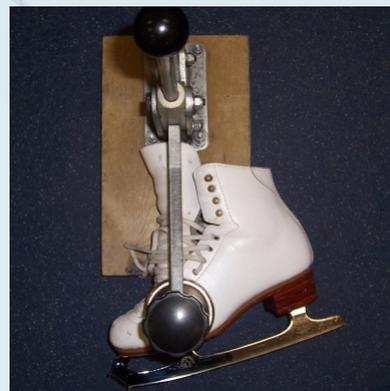
**Q:** I've noticed that after skating for more than an hour, doing lots of lunges, there is some damage to the sides of the soles of my boots; it looks like they have been hammered. It actually feels soft at first but hardens after my skates dry. I'm worried that it might be ruining my skates.

*Chelle, Philippines*

**A:** There are a couple things going on here. First, the place you purchased your skates did nothing to properly seal the soles and heels. Secondly, doing so many lunges is contributing to the problem. The easiest way to solve this is to apply two layers of skate tape alongside the affected area of the boot, replacing it on an as-needed basis.

The fact that your skates are wet to the point that the leather soles are becoming soft every time you skate is a major concern. It won't be long before your boots will need to be replaced.

*Mr. Edge*



Mr. Edge is a qualified skate technician with years of experience. He answers questions on boots, blades and foot problems related to your equipment. The opinions of Mr. Edge are his own and do not necessarily reflect the opinions of U.S. Figure Skating or SKATING magazine. Remember, if you have problems with your feet, check with a doctor — the problem may well be with your boot, but it could be more serious. Check with your local pro shop for more information about boots and blades.