LACING TECHNIQUES

1. Lace the shoelace from the big toe to the top at the other side.
2. Thread the other side of the shoelace at each bottom diagonally and at the top parallel to the next hole.
3. Tie up the shoe as usual.

Effect: The toe cap will be lifted meaning the toes have more space.

NARROW FOOT

1. Begin by lacing the shoes as illustrated normally with a criss cross.
2. Next, skip an eyelet and thread the shoelace in criss-cross fashion.
3. Lastly, lace with the usual criss-cross pattern and tie up the shoe.

Effect: Tightens the shoe more than the usual techniques.

WIDE FEET IN GENERAL

1. Lace the shoe normally with a criss cross.
2. Then thread the shoelace only through the sides.
3. After the point where bruising has occurred, start tying with the criss cross again.

Effect: The pressure is then minimized at this side.