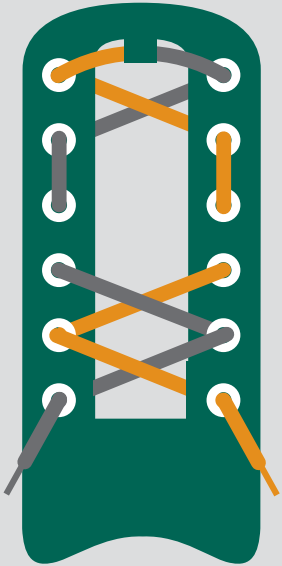


# LACING TECHNIQUES

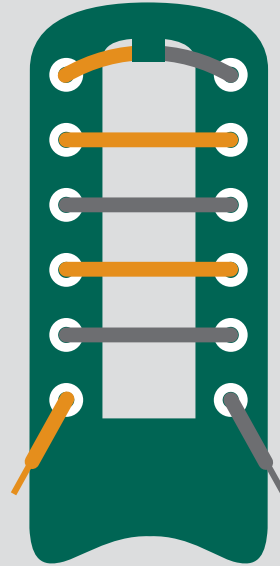
TAILORED FOR  
COMFORT & FIT



## HIGH ARCHES

1. Lace the shoe normally with a criss cross.
2. Then thread the shoelace only through the sides.
3. Tie up the shoe through the next two eyelets or more as usual.

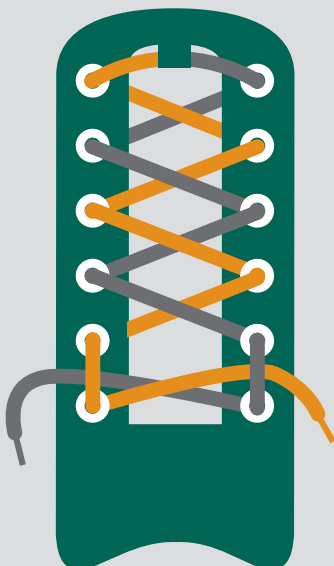
**Effect:** The middle section will alleviate tightness and add comfort to fit.



## SHOES FEEL TOO TIGHT

1. Lace the shoelaces in parallel fashion.
2. Thread by feeding shoelaces underneath every other eyelet
3. Tie up the shoe as usual.

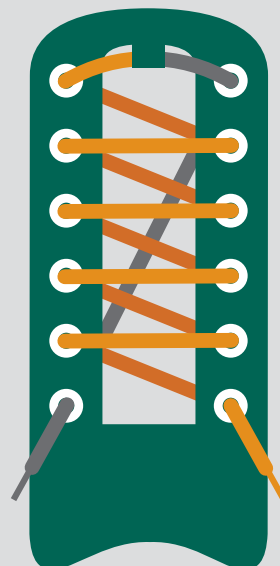
**Effect:** The laces will be evenly distributed for added comfort.



## HEEL SLIPPING

1. Lace the shoes as usual until the second-to-last hole.
2. Then go straight up into the last one.
3. Thread the shoelace through the loop onto the other side.
4. Tie up the shoe as usual.

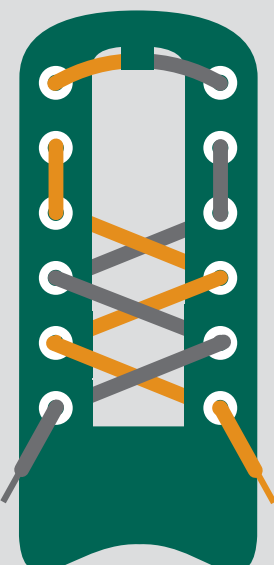
**Effect:** The ankle gets more support, but the whole shoe isn't too tight.



## BLACK TOE NAILS AND TOE PAIN

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.

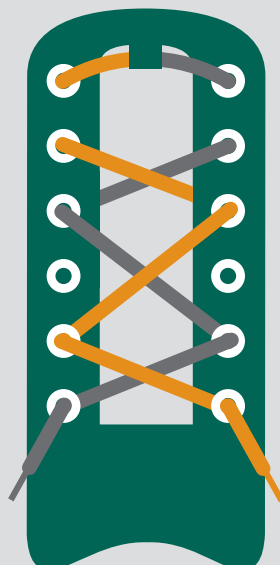
**Effect:** The toe cap will be lifted meaning the toes have more space.



## WIDE FOREFOOT

1. Begin by threading the shoelace only through the sides.
2. From the midfoot onwards, start tying with a criss cross.

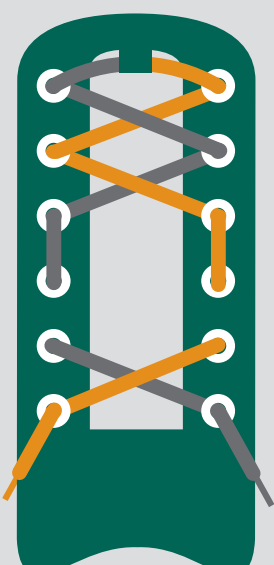
**Effect:** The forefoot gets more space in the toe box.



## 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.

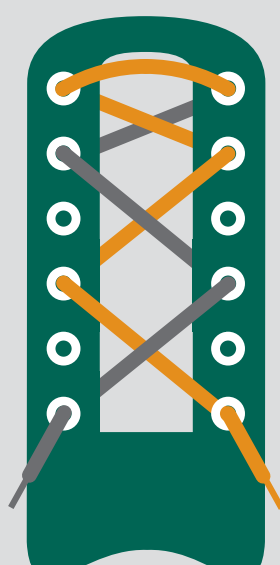
**Effect:** Tightens the shoe more than the usual techniques.



## HIGH MIDFOOT

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.



## WIDE FEET IN GENERAL

1. Lace the shoe normally with a criss cross.
2. Then thread the shoe in criss-cross fashion every other eyelet.
3. Tie up the shoe as usual.

**Effect:** Loosens the entire shoe and gives the foot more space.