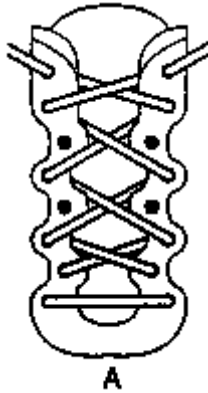


## Lacing Techniques to Accommodate & Alleviate Common Foot Problems

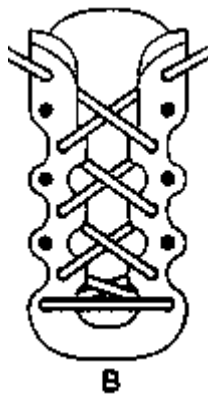
### Narrow Feet

If you have narrow feet, consider using the eyelets set wider apart on the shoe. (See Figure A.) This will bring up the sides of the shoe more tightly across the top of the narrow foot.



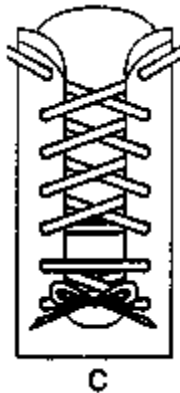
### Wide Feet

If you have wide feet, consider using the eyelets closer to the tongue of the shoe. (See Figure B.) Using the eyelets that are closer together will give more width to the lacing area and have the same effect as letting out a corset.



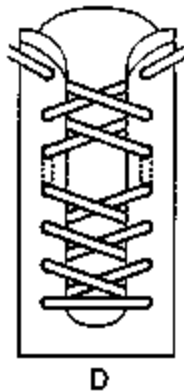
### Narrow Heel and Wide Forefoot

If you have a narrow heel and a wide ball of the foot or forefoot, consider using two laces to achieve a combination fit. See **Figure C**. Use both eyelets to achieve a custom fit that accommodates the width of the forefoot and tightens around the narrow heel. Use the closer-set eyelets to adjust the width of the shoe at the forefoot and the wide-set eyelets to snug up the heel.



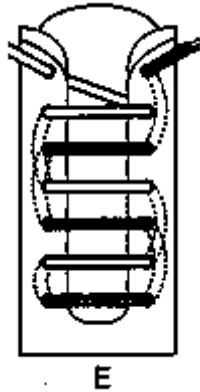
### Specific Pain

If you have a bump on the top of your foot, a high arch, a bone that sticks out, or pain from a nerve or tendon injury, consider leaving a space in the lacing to alleviate pressure. (See **Figure D**.) Simply skip the eyelets at the point of pain and draw the laces to the next set of eyelets. This lacing pattern will greatly increase the comfort of the shoe.



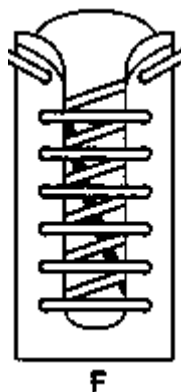
### High Arches

If you have a high arch, consider lacing your shoes so the laces travel in a straight line from eyelet to eyelet. (**See Figure E.**) By avoiding the criss-cross method, this lacing pattern creates no pressure points at the laces.



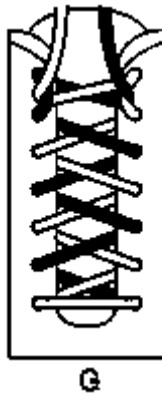
### Toe Problems

If you have hammertoes, corns, bleeding toes or toe nail problems, consider lacing your shoes so the toe-box area is lifted. (**See Figure F.**) You can adjust the height of the toe box by pulling on the lace that travels directly from the toe to the top of the shoe.



**Heel Fit**

To prevent pistoning of the heel in the shoe and heel blisters try the lacing patterns shown in **Figure G**. (Notice the top laces are threaded through each other before tying the shoe.)



*Source: Common Shoe Lacing Patterns: Carol Frey, MD, Director of Orthopedic Foot and Ankle Surgery, West Coast Center for Orthopedic Surgery and Sports Medicine*

