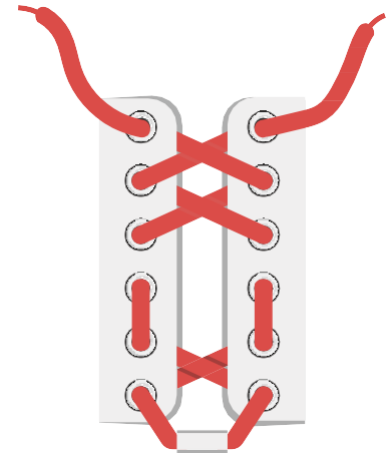


Shoe Lacing Guide

High Arches or Painful Areas on the Top of the Foot

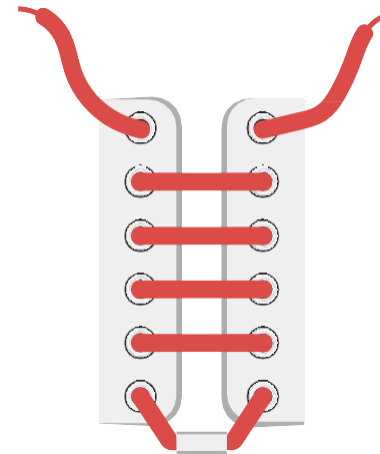
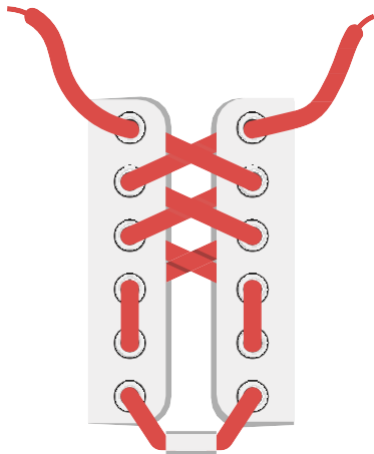
Use “gap lacing” to open up the area where there is pain. You can skip out one or more holes to bypass a specific area.



Wide Forefoot

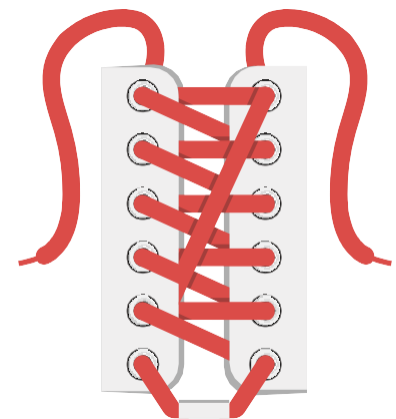
A. Lace straight up (do not criss-cross) at the widest part of the foot. Begin crossing as the foot narrows. *Can also skip the first few eyelets*

B. Another option is to use “bar lacing” to loosen the width of the shoe.



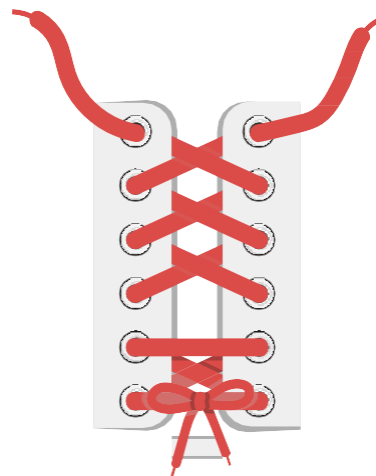
Toe Pain & Nail Problems

For hammer toes, bleeding toes, corns or nail problems, “toe-cap lacing” lifts the toe box to relieve pressure.



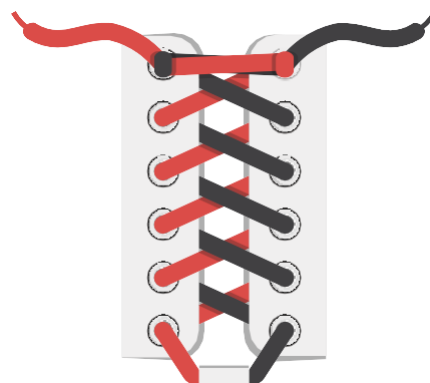
Narrow Heel & Wide Forefoot

Using two shorter laces, lace the bottom with one lace and the top with another lace.



Heel Slips in Shoe

Lace normally and use the “loop lacing” “technique at the top of the shoe



Loop-lacing

Put each lace end back into the same hole it just came through (or through another hole above) leaving a small loop on the top side of the shoe. Now, thread each loose end through the loop on the opposite side. Pull the loose ends towards the floor until snug. Then tie the laces as usual.



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The information in this document is intended solely for the person to whom it was given by the health care team.

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