

# Prevent blisters and foot pain with the right shoe lacing patterns



## WIDE FEET

Use this pattern if you've got wider feet and it will allow the shoe to spread out more.

To lace this pattern, skip every other eyelet.



## TOE PAIN

Use this pattern if you get blisters on top of your toes or if your toes turn black. This pattern will raise the tip of your shoe slightly.

To lace this pattern, one lace goes straight from the bottom eyelet to the top. The other goes through each eyelet.



## HIGH MIDFOOT

Use this pattern if you have a high midfoot and you get pressure or blisters on the top of your foot.

To lace this pattern, crisscross as normal except over the midfoot where you'll go straight up the sides through the eyelets.



## HEEL SLIPPING

Use this pattern if your heels tend to slide up and down in your shoes when you walk or run or if you get blisters on your heels.

To lace this pattern, crisscross as normal and when you get to the top eyelet go straight up on the same side. When you tied the shoes loop the laces back through the loop formed between the second and final eyelet. Pulling the knot tight will allow the top of your laces to be snug without overtightening the rest of the shoe.



## WIDE FOREFOOT

Use this pattern if you have a forefoot that doesn't quite fit in your shoe but the rest of the shoe fits well.

To lace this pattern, lace the bottom several eyelets straight up the sides instead of crisscross to keep the bottom of the shoe wider without giving up tight laces around the top of the shoe.



## GENERALLY TIGHT SHOES

Use this pattern if you have a forefoot that doesn't quite fit in your shoe but the rest of the shoe fits well.

To lace this pattern, lace the bottom several eyelets straight up the sides instead of crisscross to keep the bottom of the shoe wider without giving up tight laces around the top of the shoe.

