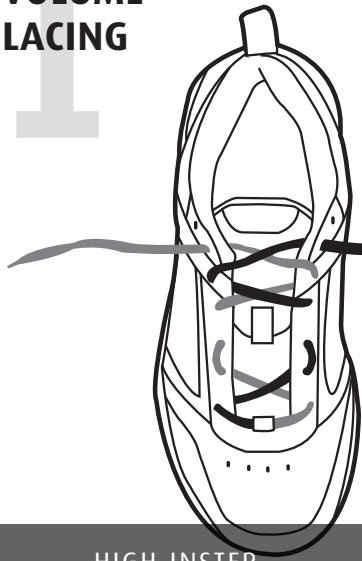


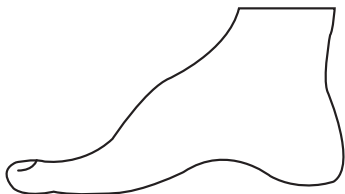
LACE FOR COMFORT – LACING TECHNIQUES FOR FITTING PROBLEMS[©]

1 VOLUME LACING

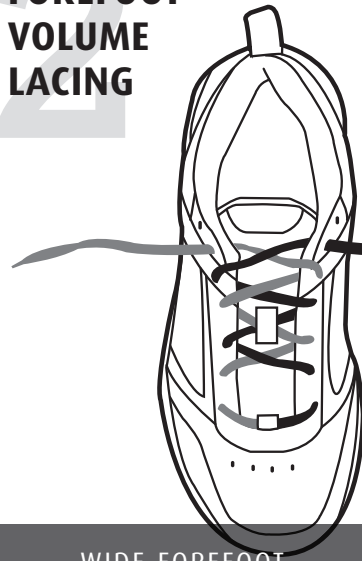


HIGH INSTEP

This customer commonly experiences pins and needles feeling through their instep because of pressure from the laces. In this case, by using the above lacing technique, the pressure will be reduced from the top of the instep.



2 FOREFOOT VOLUME LACING

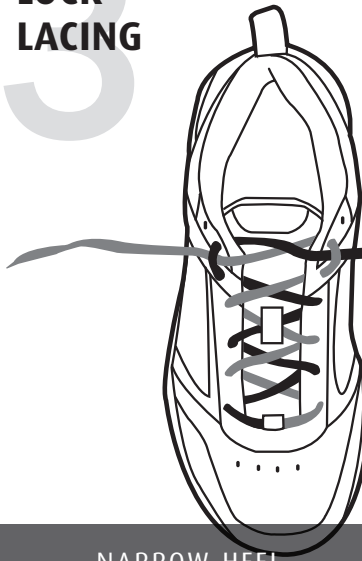


WIDE FOREFOOT

People with wide forefeet can sometime experience pressure or discomfort across the toebox until their new footwear softens or relaxes. By using Technique 2, you will be allowing the foot to relax in the shoe without pressure on the sides of the foot.



3 LOCK LACING

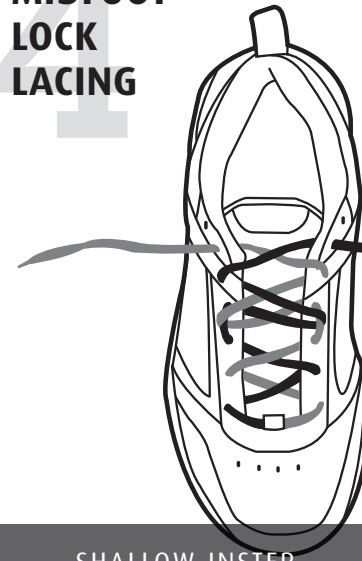


NARROW HEEL

You would use the above lacing technique for those who experience heel slippage due to wearing orthotics or wedges, or due to a narrow heel. This will minimize or eliminate this movement/sensation.

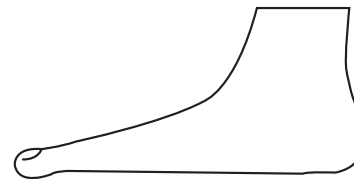


4 MIDFOOT LOCK LACING

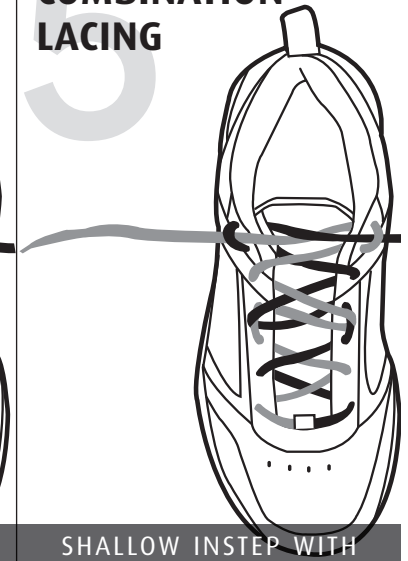


SHALLOW INSTEP

Due to a shallow instep this person may not feel enough support through the instep and may require the above lacing technique to provide added support. It may be particularly beneficial for those participating in sports such as tennis, netball, basketball and football as it helps to reduce lateral motion.



5 COMBINATION LACING



SHALLOW INSTEP WITH
 A NARROW HEEL

A combination of Lock Lacing and Midfoot Lock Lacing is very useful for people who have a narrow heel as well as a shallow instep. Like the Midfoot Lock Lac, Combination Lacing is also suitable for all lateral motion sports, such as tennis, netball and basketball, but specifically for those with a narrow heel. By lock lacing both the mid-foot and the top of the shoe, the arch is firmly held down onto the innersole, creating a snug supportive fit for the heel and ankle.

