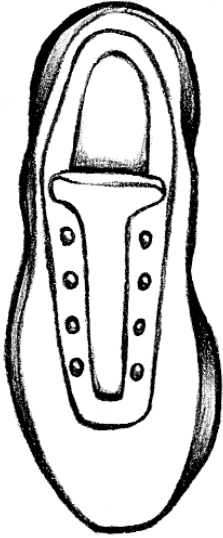


# Shoe Tying Method to relieve pressure over the top of the foot

The following shoe tying method will help relieve pressure over the top of the foot.

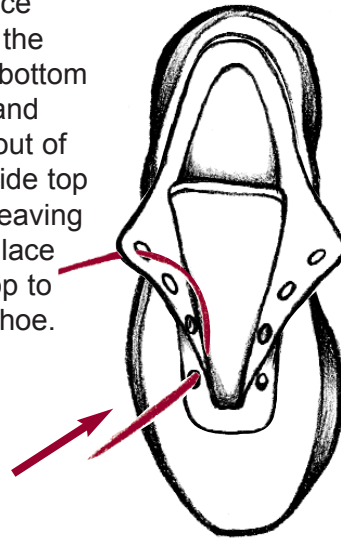
## Step 1

Remove the lace from the shoe.



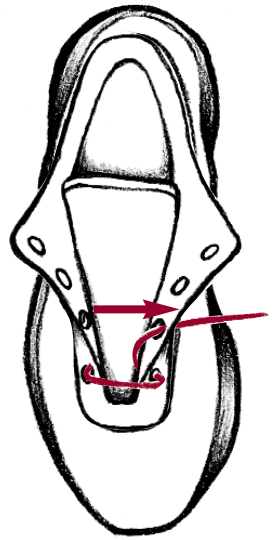
## Step 2

Insert one end of the lace through the outside bottom eyelet, and bring it out of the outside top eyelet, leaving enough lace at the top to tie the shoe.



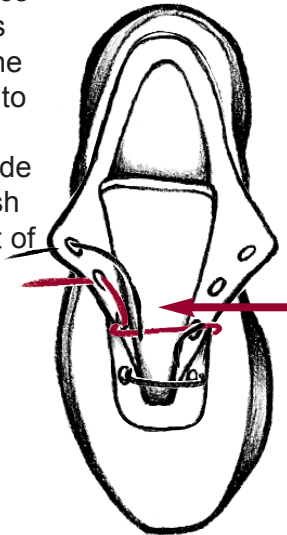
## Step 3

Bring the bottom end of the lace across and insert the lace into the inside bottom eyelet. Push the lace out of the next eyelet up.



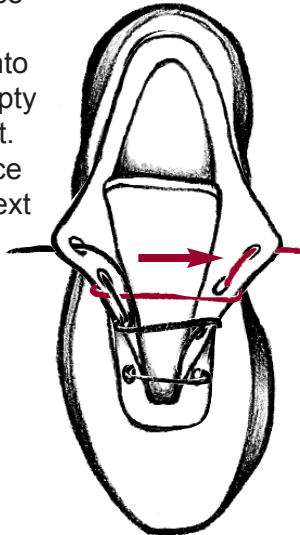
## Step 4

Bring the lace back across the top of the shoe and into the next empty outside eyelet. Push the lace out of the next eyelet up.



## Step 5

Bring the lace back across and insert into the next empty inside eyelet. Push the lace out of the next eyelet up.



## Step 6

Continue until you reach the top of the shoe and your shoe is ready to tie.

