



**American Academy of Podiatric
Sports Medicine**

LACING TECHNIQUES

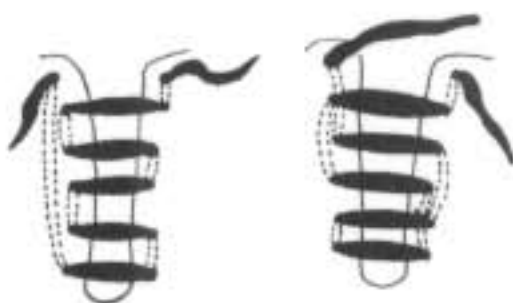
Conventional Techniques



Diagonal or Chevron

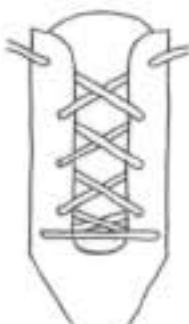


Parallel



Additional Parallel Techniques

Basic Techniques



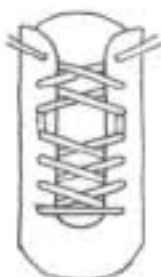
**Wide
(For Wide Feet)**



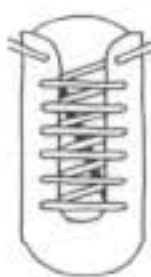
**Narrow
(For Narrow Feet)**



**Double Vamp
(Lessens Forefoot
Constriction)**



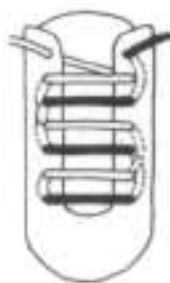
**Skip Pattern
(Lessens Instep
"Pressure Points")**



**Forefoot Lace
(Lessens Pressure on
Great Toe)**

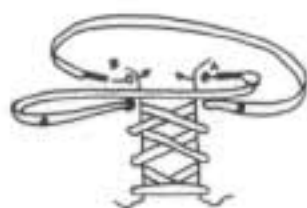


**Heel Fit
(Enhances Heel Fit)**

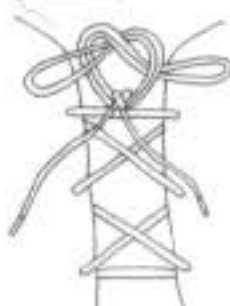


**High Arch
(Minimizes Pressure on Instep)**

Special Techniques



**Oxford
(Prevents Loosening
of Laces)**



**Double Knot
(Prevents Laces from Untying)**