

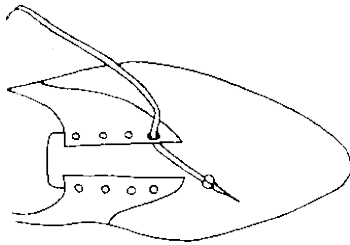
Tying Your Shoes with One Hand

This handout gives step-by-step instructions for how to tie your shoes using only 1 hand.

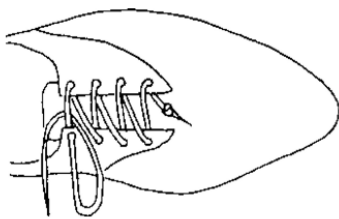


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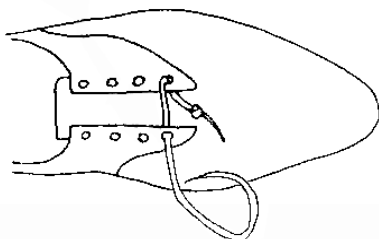
1. Tie a knot in 1 end of the shoelace. Thread the other end up through the hole nearest the toe of the shoe on the left side.



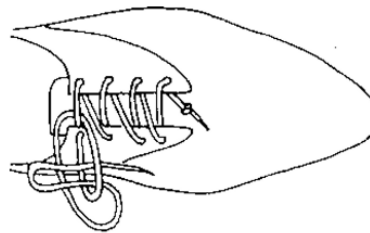
2. Take the lace across the tongue of the shoe, under the flap on the opposite side, and up through the hole nearest the toe of the shoe on the right side.



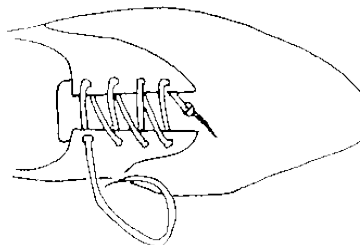
3. Continue to go across the tongue and up under the flap on the next highest hole on the opposite tongue until you reach the last hole. You can also thread the lace down through the last hole to hold the tension when you tie the lace.



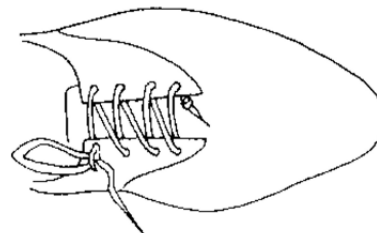
4. Make a loop: Pull the end of the lace toward the toe of the shoe. Then, thread it under the last piece of lace that goes across the tongue.



5. Make another loop that goes through the first loop: Pull the end of the lace around the outside of the first loop toward the toe. Then, bring it back through the loop (going toward your heel). Then bring the end of the lace back toward your toes.



6. Pull back on the loop to tighten it.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.