



Adapted Technique: One string tie hemiplegic method

Materials: Shoe and one shoelace knotted from the inside and laced back and forth straight across the shoe toward the tongue. The end of the shoelace in the last lace hole is toward the inside of the shoe, as diagrammed above.

Procedure:

1. Student grasps the shoelace and slips it under the last cross-lacing in a tongue-to-toe direction, pulling it tight, making a loop with it near the tongue.
2. Student holds shoelace tail in a pincer grasp, and makes a loop near the cross-lace, holding the loop.
3. Student puts that loop toward self through the first created loop, and pulls tight in a back-and-forth motion in a slip-knot.
4. Student tucks the shoelace tail in edge of shoe.