



GIG
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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Shoe Lace Alternatives

There are a whole range of different lace adaptations you can try, all of which are easy to find online and are not too expensive to buy. These types of lace adaptations are popular with triathletes and children and adults who have difficulty in tying their shoe laces, as they make changing shoes quick and easy.

Hickies

- Elastic Laces for kids are made with an elastic memory fit material that conforms to the feet providing comfort and support.
- Kids Elastic Shoelaces come in a variety of classic and neon colours that add fun and life to all shoes.



Greepier Laces

- "Once Applied - Always Tied" Laces that remain permanently fastened
- Can be adjusted, tightened or loosened without the need to unfasten



Xtenex Laces

- Lace up once and never tie again, adjust customized tension between each eyelet for different foot shapes
- Elasticity allows shoes to expand and contract with natural foot movements



Curly Laces

- Elastic Laces, great for anyone who doesn't want to tie their shoe laces.
- Spiral hold lace in position.



Zubits Magnetic Shoe Closures

- Lace Zubits closures onto your own shoes. Easily slip into wide open shoes, click the magnets together, and then go for a run. Afterwards, just step on your heel and pop out of your shoes hands-free.
- Authentic ZUBITS closures have magnetic array technology making them incredibly strong for running, jumping, and play. Shoelace securing clips are included for easy installation.



All the above lacing adaptations are available on

<https://www.amazon.co.uk/>