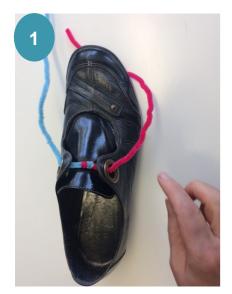


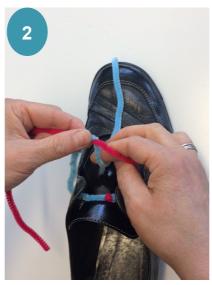
Therapy Professionals

Physio, Speech Language, Music, Occupational Therapists & Dietitians

Tying Shoelaces



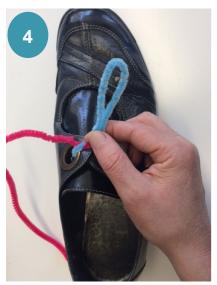
Pick up a lace in each hand



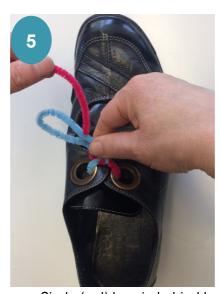
Cross top lace (blue) under bottom lace (red)



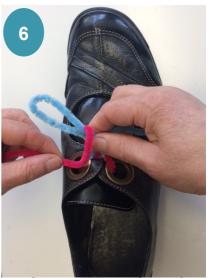
Pull tight



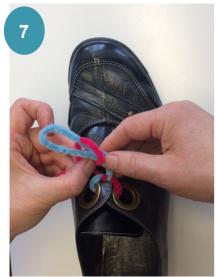
Make loop (blue) lace pinch tight



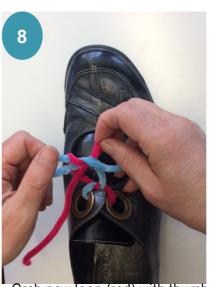
Circle (red) lace in behind loop



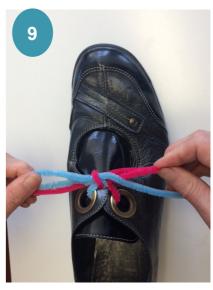
Circle red lace in front of loop



Push lace (red) through new hole with thumb



Grab new loop (red) with thumb and index finger



Pull loops tight