

# PegStilts.com Instructions for Attaching Shoes to your Peg Stilts

PegStilts.com

Kids & Adult  
sizes



Stilts  
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School/Org Discounts are Available!

**Can I attach shoes to my stilts, my feet are moving around in the foot strap?**

Yes, you can totally attach your shoes to PegStilts.com stilts for kids and adults!

Wear your stilts around a bit making sure you are comfortable with your foot placement.

Some people balance more in the front of their bodies, some more in the back, so moving your foot forward or backward as little as a 1/4" can make a big difference in your balance point.

Be sure to use tie on or velcro shoes/sneakers. You want to choose shoes that is gonna stay on your feet and not allow them to slide out or move around!

## **HOW TO ATTACH YOUR SHOES:**

Once you feel good about your shoe placement, trace your shoe placement on the stilt foot plate with a pencil so you will be able to ensure it is in the right place when you attach it.

- Open the laces all of the way allowing easier access to the inside of the shoe. Remove the insole of your shoe.
- Use a large washer with a screw or flat-headed bolt that will not slip through the washer hole.
- Screw through the sole of the shoe just behind where the ball of your foot would be, so that you are not walking directly on it.
- Be sure your screw is long enough to go all of the way through the sole and into the foot plate (and preferably into the foot brace as well if you can make it work with your shoe placement).
- Replace the insole of shoe when you are done.

## **PROS OF ATTACHING SHOES:**

Security and Stability - You will notice a huge difference in the amount of physical work you need to do when you attach your shoes, you'll feel like you can lift more with your whole foot and leg, also any drops to the ground would not require re-placement of the foot or any toe strap adjustments.

This is especially helpful for people walking long distances, dancing, doing acrobatics, etc.

## **CONS OF ATTACHING SHOES:**

Can't share your stilts with your friends unless they have the same size feet.

When you put your stilts on you'll need a place to leave your street shoes, so that later when you take your stilts off you can put them back on.

This can be an issue in parades and marches, where you don't always end up circling back to where you started.

It is just something to think about ahead of time, you will either need to go back to get them (barefooted or go back on your stilts), have carried them with you during the parade, or have arranged transport for them to arrive at the end.

**This and more PegStilts.com FAQ's can be found at:**

<https://pegstilts.com/collections/circus-peg-stilts>