



How to Reshape the Toebox of Athletic Shoes

If your athletic shoes have creased toeboxes...

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INTRODUCTION

If your athletic shoes have creased toeboxes due to a high amount of usage, or you simply want to get a fresh look for your kicks, use this guide to reshape the toebox of your shoes.

Although there are many guides for reshaping and uncreasing the toebox of shoes, this guide is specific for athletic shoes such as runners and trainers. It will instruct you on how to remove creases in the toebox as well as how to reshape your shoes to almost original form. A hair dryer is used in this guide, which will lower the risk of injury and damage to your shoes, compared to other guides that mostly use an iron with significantly higher temperature.

Before using this guide, make sure the material of your shoes is not vulnerable to heat (40-50 Celsius degree) such as leather, because in Step 5, you will need to use the hair dryer on the toebox.



TOOLS:

- [Hair Dryer](#) (1)
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Step 1 — How to Reshape the Toebox of Athletic Shoes



- Stuff the middle of the toebox with cloth such as: towel, socks, et cetera to original form.
- ⓘ Don't stuff the whole shoe with cloth, as you would need space for your hand in the next step.

Step 2



- Use another piece of cloth to cover the toebox.

Step 3



- Put one hand in the shoe and the other hand on the toebox.

Step 4



- Place the shoe on the edge of a hard surface.
- Manually bend the shoe gently and slowly, start from the middle to the tip of the shoe.
- ⓘ As both of your hands are on the shoe, you can control the force you put on the shoe and the shape of the toebox.

⚠ Don't overbend the shoe as it could worsen the creasing.

Step 5



- Turn your hair dryer to the highest temperature mode.
- Heat up the toebox and the sides of the shoes in circular motion.

⚠️ Avoid heating one spot for too long as it can damage the material of the shoe.

Step 6



- Leave the shoes in open air for 1-2 hours.

After completing this guide, your shoes are ready. You can reshape your shoes once or twice a month to keep them look good.