



CHIROPRACTIC PERFORMANCE & SPORTS THERAPY CENTRE

LACING LESSONS

It is an often overlooked concept that the lacing of a running shoe is an important function. Nearly all of us lace our running shoes the same way we learned to tie our first pair or the way they come fresh from the shoe store. However, just as one shoe won't meet every runner's needs, neither does the crisscross and tie method work effectively for all runners. Certainly you can tie your shoes in the conventional way; but specific lacing methods can help you deal with specific biomechanical problems.

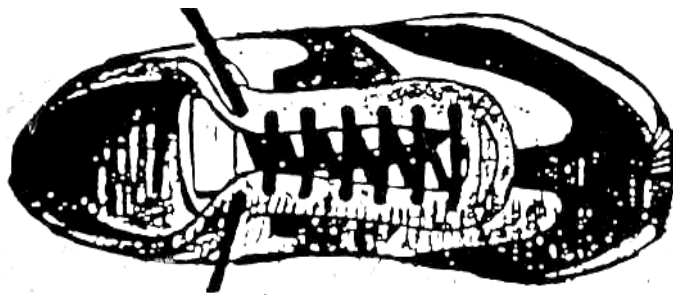
HEEL SLIPPAGE

... is usually the result of a narrow heel in a wide shoe. To keep the heel from moving up and down, crisscross the laces until you get to the next-to-last eyelet. Then, loop the end of each lace and use the loop as an eyelet. This gives a better pull to the laces and a more secure fit, which should result in less heel slippage.



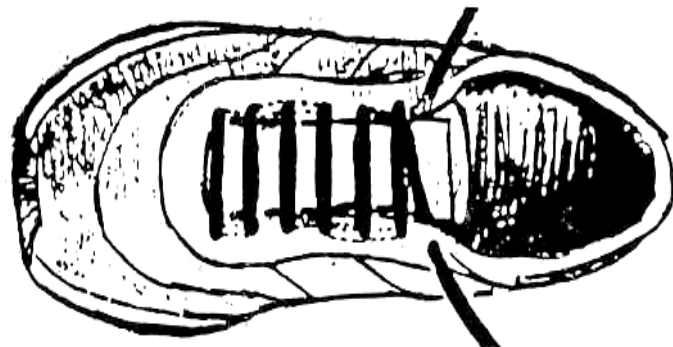
BLACKENED, SORE, AND TENDER TOENAILS

....are a fairly common problem among high-mileage runners. A simple way to alleviate the pressure on the top of the toenails is to pull the toe box of the shoe up and off the toes. Take one end of the lace and run it from the inside front eyelet to the opposite last eyelet. Then take the other side of the lace and go through every remaining eyelet. You should be able to pull up on the toe box, allowing more room for the toes.



RUNNERS WITH HIGH ARCHED OR RIGID FEET

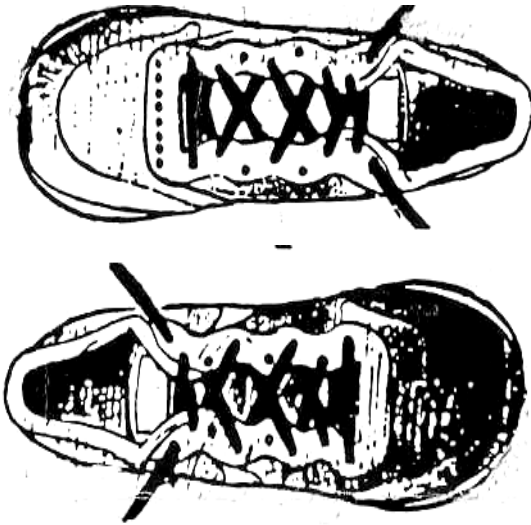
....frequently have pain on the tops of their insteps, where some of the tendons rub over bony prominences of the foot. The conventional methods of lacing only aggravate this condition by adding extra pressure. The solution lies in distributing pressure more evenly on the top of



the foot and eliminating the pressure where the laces traditionally crisscross. The laces pass under the eyelets and don't cross over the top of the foot at all.

LACING LESSONS

You may notice when reading about shoes that many models have variable-width lacing systems. This is great, except that the shoe companies typically fail to tell the runner how to utilize them. Most runners assume that if there are seven eyelets on each side of the shoe, the lace should pass through each one. This is incorrect! You should skip the third and fifth (or outer) eyelets if you have a wide foot. If you have a narrow foot, skip the fourth and sixth eyelets (the inner ones) for a snug fit. Shoe companies make it even more confusing by including laces that are too long if all the eyelets are not used. Runners compound the problem by trying to use all of the laces and often tying their shoes too tight, causing problems on the top of the foot.



If a shoe is too restrictive and does not have enough give in the mid sole, some runners develop **PLANTAR FASCIITIS AND ARCH PAIN**. To improve midsole flexibility, the front part of the foot needs to be held in place independent of the rear part. You might want to try using two independent lacing systems for each shoe. The first is simply tied across the first eyelets as in an anchor. The second set of laces should be tied loosely. There might be some heel slippage because of the looseness of the laces, but this is necessary to relieve the strain on the plantar fascia.



Some people have different needs for each foot. If that's the case with you, consider a different lacing system for each shoe. Your lacing system should match your individual biomechanics.