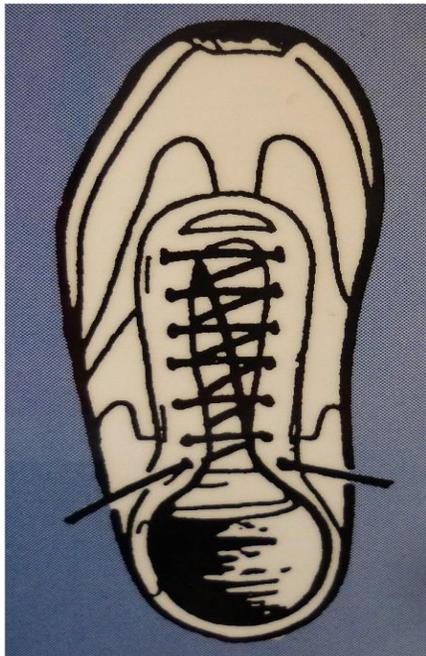


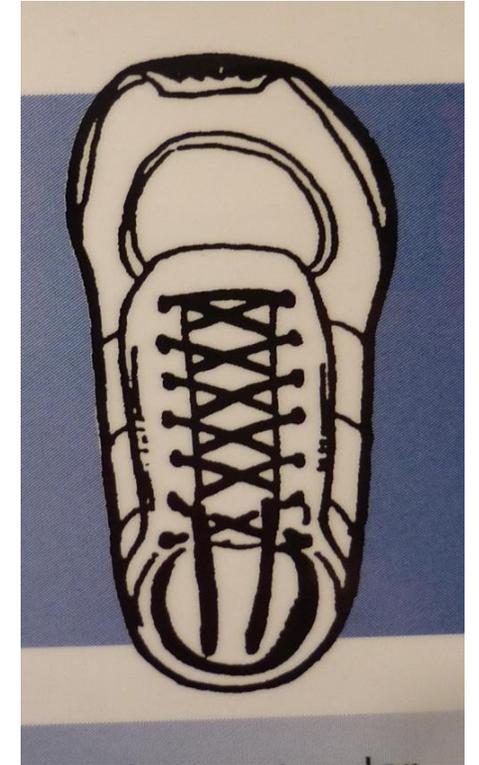
Lacing Lessons

1. The runner's most common fitting problem is heel slippage; usually the result of a narrow heel in a wide shoe. To keep the heel from moving up and down, criss-cross the laces until you get to the second last eyelet. Then loop the end of each lace and use the loop as an eyelet.



Lace number two

2. Blackened, sore 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 side of the lace and run it from the front eyelet to the opposite last eyelet. Then take the other end of the lace and go through every remaining eyelet.

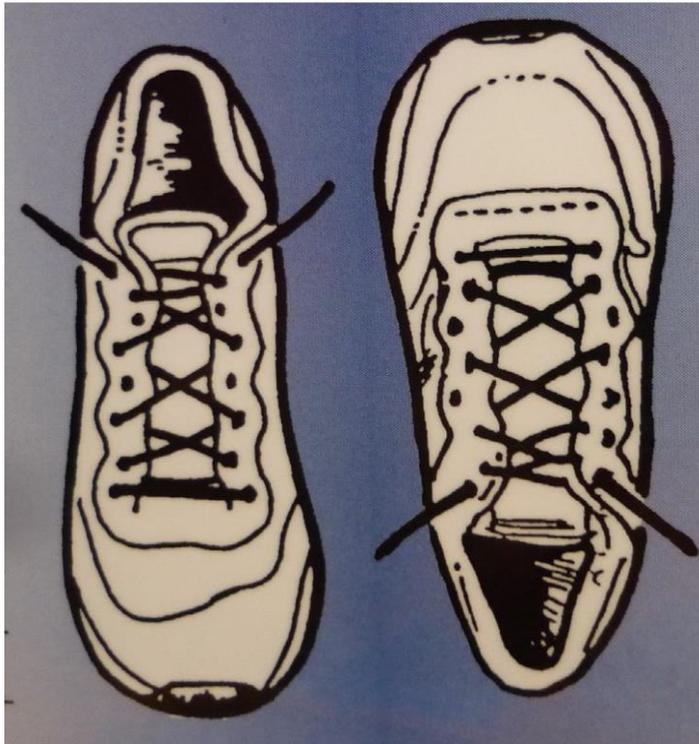


Lace number one

3.Runner's with high-arched or rigid cavus feet frequently have pain on the top of their insteps, where some of the tendons rub on the bone prominences of the foot. The solution lies in distributing the pressure more evenly on the top of the foot and eliminating the pressure where the laces traditionally criss-cross. The laces pass under the eyelets and don't cross over the top of the foot at all.

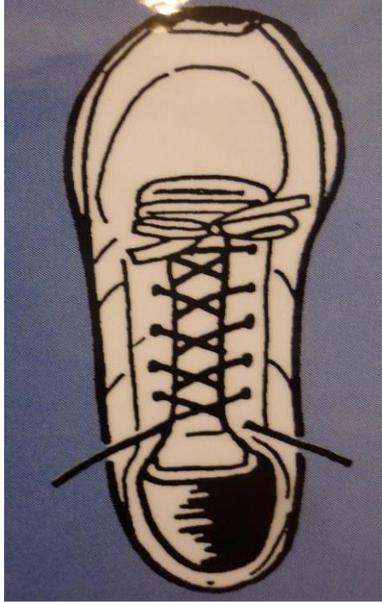


Lace number three



Lace number four

4.You may notice when reading about shoes that many models have a variable-width lacing system. Most runners assume that if there are seven eyelets on each side of the shoe, the lace should pass through each one. You're supposed to skip the third and fifth, or far eyelets if you have a wide foot. If you have a narrow foot skip the fourth and sixth eyelets – the inner eyelets – for a snug fit.



Lace number five

5. If a shoe is too restrictive and doesn't have enough give in the midsole, some runners develop plantar fasciitis and arch pains. To improve midsole flexibility, the front part of the foot needs to be held in place independent of the rear part.

You can do this yourself by using two laces on each shoe. The first simply tied across the first eyelet as 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 using a different lacing system for each shoe. Your lacing system should match your individual bio mechanics.

Your chiropractor will be happy to advise you on the best lacing system for your needs.

REFERENCE: Chiropractic Association of Australia Sports Council