HOW TO LACE YOUR SHOES
LACING TECHNIQUE – ‘THE BLACK TOE NAIL’

Many thanks for downloading this advice sheet on footwear lacing, to try and help with blackened toe nail, which the majority of marathon runners have suffered with.

It is important to remember that if you are experiencing regular symptoms and pain to get this checked out by your local medical professional. It is also important to make sure that your shoes fit correctly. To recap on this there should be a finger which is between the big toe in the end of the shoe and there is some width left, remembering that the widest part of the foot is between the base of the big toe joint and the little toe joint.

The most common reason I see in clinic for the blacked toe nail, is shoes that are too short in length.

**STEP 1**

- Un-lace the shoe completely.
- Thread the lace through the eyelet nearest the big toe and go straight to the top eyelet on the opposite side.
- For rough information the part of the lace which has gone straight to top eyelet needs to be approximately 30-35cm and the lace to go through the rest of shoe will be approximately 90-100cm

**STEP 2**

- Using the longer lace, re-lace the shoe as normal
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STEP 3

• Once you have re-laced the shoe, pull the left hand lace and see the material around the big toe area, move up.

• Check that the laces are roughly the same length, if not repeat the steps and change the length of the lace at step 1.
LACING TECHNIQUE – ‘THE NUMB FOOT’

**STEP 1**
- Remove the laces until you reach the middle eyelet on the trainer, then re-lace missing the middle eyelet out.

**STEP 2**
- Re-lace the shoe as per normal, when you pull tight you will notice that the middle part of shoe will feel loser and may help reduce the numbness on running.
- You can apply this technique to eyelet above or below, the one used in picture below.
- The eagle eyed reader out there would I have noticed combining this technique with another one, which is available in another download.

TEL: 01962 929880   EMAIL: ENQUIRIES@NKSPORTSPODIATRY.CO.UK
LACING TECHNIQUE — ‘THE SLIPPING HEEL’

STEP 1
• Check your shoe has the extra eyelet (Circled in red), the majority of running shoes have this eyelet and it is not there by mistake.

STEP 2
• Un-lace the shoes, so the last 2 eyelets are exposed.
STEP 3
• Create a loop hole, with the lace. This is done by threading the left handed aspect of the lace though the ‘extra’ eyelet.
• Don’t pull tight yet.
• Don’t cross the laces over.
• Repeat on the right side.

STEP 4
• Thread the right lace through the newly formed left loop.
• Thread the left lace through the newly formed right loop.
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STEP 5

• Now pull the laces tight, notice how the top of the shoe is tight, whilst the bottom of shoe around the forefoot is nice a loose.

Many thank for reading and get out and go for a run!

Nick