Shoe Lacing Techniques

If you have a high arch foot type, the top of your foot may rub against the shoe. For this situation, I recommend feeling the top of your foot while it’s in the shoe for the prominence. Then re-do the laces so they skip the holes nearest the foot prominence. This puts less pressure on the foot in that area.

If our shoes are not laced tight enough, the foot slips back and forth inside the shoe. The key is to tie the laces tighter near the ankle. This will lock the ankle in the shoe, reducing motion of the foot in the shoe. The tighter it can be around the ankle, the more it will hold the foot in the shoe. Basketball shoes and hiking boots are also great ways to help accomplish this.

Heel Lock Lacing Technique

Some shoes, particularly running shoes, have extra holes at the top to allow a heel lock lacing technique. If your shoes don’t have this, you can tie it normally at the top, just make sure it’s tight enough.