

How to Heal ‘Hot Spots’ by Changing Shoe Lacing, By Runner’s World

Runners with high arches often get foot pain where tongue of shoe rubs foot. Change how you lace up your shoe to heal these “hot spots.”

Tips:

- Take lip stick and mark the painful spot on foot
- Slide bare foot into shoe and press tongue down
- Lace around spot marked on tongue of shoe
- Lace shoe normally until you get to the lipstick
- Bring laces straight up to next eyelet and pass by the lipstick mark
- Finish lacing shoe normally
- You will have an empty spot on tongue without laces crossing

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