

BAREFOOT RUNNING VS. RUNNING SHOES?

LET YOUR FEET DECIDE

HERE'S THE PROOF...



There is no proof through research that Barefoot or Minimalist shoe running has decreased injuries vs. supportive running shoes

The evidence points to a simple conclusion: barefoot/minimalist shoes transfer more force to the foot and ankle. *"On a safe surface, as a mix-in conditioning drill, I think it can be effective in small doses"* - Bartold

There has been a measurable increase in unforeseen stress fracture and pain at the foot and ankle.

In traditional running shoes (using heel-toe gait) stress is shared up the limb to the knees and above.

To decrease stress on the knees and hips, encourage forefoot running; Likewise, to decrease stress on the foot encourage traditional heel-toe gait running.

Evidence: Comparing injury rate to runners with minimalist footwear: (Ryan M et al, Br J Sports Med 2013)

Neutral running shoe vs. partial minimalist shoe vs. minimalist shoe: (n=99)

Neutral shoe least injury: 4%, minimalist shoe highest: 12%

- The ground forces were increased in the foot for minimalist shoes
- Minimalist shoe wearers reported greater shin and calf pain incidence.



Evidence: Rearfoot Excess motion Increases with Minimalist shoes: (Sinclair J et al, Science & Motricite 2013)

1. Results indicate barefoot or barefoot inspired shoes had significantly greater eversion and tibial internal rotation. The eversion and rotational excessive forces cause running injury.

Evidence: Barefoot running reduces the amount of work at the knee and ankle (adding stress to the foot). Less ankle and less knee flexion angles noted in barefoot running. (Bonacci J, Br J Sports med, 2013)

SUMMARY: To decrease stress at the foot encourage heel-toe gait (traditional running shoe), and to decrease stress on the knees and hips encourage forefoot running (barefoot or minimalist shoe). The forces are mostly focused at the foot with barefoot running, and more shared up the limb with running shoes.

Injuries occur when soft tissue stress occurs either because of:

1. too much joint motion
2. motion that occurs too fast.

Despite Nike (a very strong marketer), all minimalist shoe sales declined by 24% through DEC 2013.