

# Physio4All

**From:** Physio4All [info@physio4all.com.au]  
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**To:** katrina@physio4all.com.au  
**Subject:** PHYSIO4ALL E-News: If the Shoe Fits!

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## PHYSIO4ALL E-News

### If the Shoe Fits!

Barefoot running has become more and more popular, with mixed reviews. Will it go the way of Magnetic Wrist Bands or be the future of running? PHYSIO4ALL will take you through the pros and cons.



### Pros

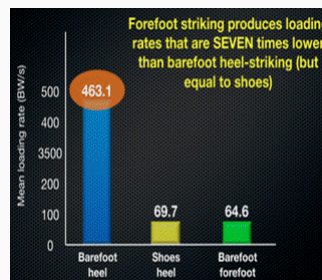
- Running in bare feet reduces oxygen consumption by a few percent.
- Barefoot running reduces heel strike impact



- Creates more forefoot and midfoot landing
- Is proposed to “fix” some injury types
- You can get freemotion running shoes that simulate barefoot running

## Cons

- Barefoot running can be uncomfortable, unpractical and unprotective
- Switching from shoes to barefoot and landing on heel increases load 7 fold
- Calf muscles are highly susceptible to injury during the initial phase of switching
- Orthotic wearers shouldn't switch
- Elite barefoot runners have been doing it all their lives, trying to emulate can cause serious injury



## Take home message

- There are **large injury risks** when switching from shoes to bare feet.
- If you are serious about switching try **soft sand** at **very low intensity** before freemotion running shoes.
- **If you struggle with chronic injury problems**, consult one of our physios who may advise barefoot running under supervision at a beginner level.
- **If you are a high-mileage runner**, then understand the risks and detraining/ retraining involved.
- **There is no one size fits all policy** - make sure you



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to barefoot running or your running style

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