



## Barefoot Running Shoes



### Trendy or Trouble? How to Help You Choose ...

The last couple of years have seen running and training in bare feet a trendy, healthy alternative to traditional sports footwear. I should say re-emergence, as it never really left the skill set of track coaches and certainly never left the great distance runners of central Africa. Coinciding with this training is the current marketing of barefoot shoes as a method of very modest physical protection from minor cuts, bruising and abrasions.

The premise of barefoot running is that it is natural and man has been doing it for thousands of years. This is a return to nature and as a result supposedly makes your feet stronger and therefore more resistant/resilient to the encyclopaedia of running related injuries. This concept has been grasped by the very keen and very good runners in many communities and has made many of them gain "folk legend" status (look there goes Brian the crazy barefoot runner).

This has lead many less genetically gifted and the less naturally talented to emulate their local icon and consider this good for them as well.

Let's go over the do's and don'ts and dwell on a few facts about barefoot running.

**Fact:**

Barefoot running is an old training technique that is used in some track training sessions. It seems that the use of bare feet for running is optimal for about 10% of all running training. Anymore puts you at a greater risk of injury .

**Fact:**

The sale of these shoes far outweighs the actual number seen on the roads , ie they are brought as a good idea for training or a try, then used mainly as a casual shoe or as a cool fashion item .

**Do:**

Review your own running related injury history. Do you have a history of foot function or foot related injuries, have you needed to see a podiatrist in the past for exercise related injuries or pain ? Do you have a history of a foot problem or foot pain as a child or adult especially associated with activity?

**Do:**

Get used to them slowly. Gradual adaptation is critical to muscles and ligaments that will be bearing the impact load of your foot strike. Traditional sports shoes, cushion the load. These forces are 3-5 times your body weight so it is quite a shock to feet legs ankles and knees.

**Don't** use them if you have an existing injury, that needs careful evaluation and rehab. Continued.....

**Our** commitment is to provide our patients with consistent high quality care. We aim to exceed their expectations and give them value for money.

**By** continually advancing our skills we aim to be able to identify and effectively treat our patients foot problems.

**Most** importantly, we will keep our patients informed and involved in the management of their foot health.

**OUR TEAM**

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Paul Fleet

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There seems to be a group in the running population that take on a religious like zeal to how good this type of running is so the warning here is be cautious and apply the above rules to see if you are a candidate to gently test barefoot running as a small part of your running regimen or not . People seem to be buying these shoes as a part of a new fashion craze rather than a training aid that they are designed for. We hope this advice helps you to choose whether or not barefoot running is suitable for you. **PAUL FLEET - Snr Consultant Podiatrist**

# Introducing ...



## Caroline Crowther Receptionist

My background has been mainly in management and within the food industry. I have two children, Adam and James who are 11 & 8 yrs old and they enjoy many sports including athletics and hockey. If I'm not running after them you can find me enjoying a good book. Now as the boys are getting older its time to get my feet back into full-time work and I am delighted to join the wonderful "The Foot Clinic" team

## RECIPE OF THE MONTH ENERGY MUFFINS

1 zucchini, grated  
1 green apple, peeled and grated  
2 carrots peeled and grated  
2 cups wholemeal flour  
1 cup coconut  
1 teaspoon vanilla essence  
1/4 cup raisins soaked in boiling water

3/4 cup brown sugar  
1 cup linseeds  
1/3 cup golden syrup  
2 eggs  
1 tablespoon ground cinnamon  
1 teaspoon baking powder

### METHOD

Mix all ingredients together including the hot water added to the raisins. Cook on moderate oven for 20 mins or until golden brown. Enjoy.....



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