

This month let's learn about shoes, going barefoot and how to strengthen your feet!

The Little River Post

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DIVE RIGHT IN!

Disclaimer: This newsletter is not a substitute for medical advice.

SHOULD WE GO BAREFOOT?

By ROXANNE FISHER

In her talk, "Let's Think About What We Put On Our Feet," Dr. Davis, a professor in the Harvard Department of Physical Medicine and Rehabilitation, argues that our overly supportive shoes have made our feet weak and ruined our natural ability to run. The theory, now accepted by most of the medical field, is that what sets us apart evolutionarily from other primates is our unique ability to run for long periods. Yet it's estimated that around 79% of runners get injured every year.

Since 2005, a new interest in "barefoot shoes" that mimic early sandals which were developed only to protect the feet from broken glass or sharp rocks but provide no additional support. In her talk, Dr. Davis advocated for switching over to barefoot shoes. Recent studies have found that runners who trained using barefoot shoes have sustained fewer injuries over time and can often run longer distances without injury than runners using regular shoes. So, should we all switch to barefoot running? Let's ask our PT and get her thoughts.

ASK YOUR PT: DR. FISHER'S ADVICE ON BAREFOOT SHOES AND ORTHODICS

By LISA FISHER

My basic take on barefoot shoes is it's a great concept — and in fact I've been loving my transitional barefoot shoes (they have a bitty arch). However, barefoot shoes are not necessarily for everyone. For example, if you are rehabbing an injury, have a history of foot/ankle pain or instability, or your balance is impaired, you may need to think more carefully about your shoes.

Additionally, although a barefoot shoe has been successful on natural ground, not everyone walks around on soil all day. For example, if you are on your feet all day in a hospital with concrete floors, a barefoot shoe might do more harm than good. What is within your control is doing feet strengthening exercises. Regardless of the environment you work in, strengthening your feet will help you to improve balance, endurance and injury prevention.

FEET STRENGTHENING CHALLENGE

By LISA FISHER

Try this challenge during the tiny free moments of your day. Next time you are in the clinic be sure to pick up a feet strengthening flyer!

1. Curl your toes.
2. Lift and spread your toes.
3. Raise your heels.
4. Arch lifts.

Dr. Davis's lecture on barefoot shoes:
<https://www.youtube.com/watch?v=S3h4-Rr-m0I>

Be sure to check out our youtube channel for an upcoming video on feet:

@LittleRiverPhysicalTherapy

To contact the Little River Post with questions or suggestions please email:

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To book an appointment with Little River Physical Therapy please visit:

<https://littleriverpt.com/v2/>