



**Barefoot oder barefoot** 

In this article, we approach the world of Racing, clarifying some of the concepts around it to further explore subsequent entries, with aspects related to injuries and athletic performance that are always reflected in the scientific literature. means of survival (looking for food, hunting, escaping, etc.) (Murphy, Curry, & amp; Matzkin, 2013). People who play sports weekly most often play sports weekly most often play sports according to their sports methods. Source: Statistics and Studies Sub-Direction General, S. G. T. (2015). In Spain 2015, the study of sports habits witnessed (1) attendance, where endurance races are currently taking place over the past decade (Hall, Barton, Jones, & amp; Morrissey, 2013; Perkins, Hanney, & amp; Rothschild, 2014). Especially in Spain, the Sports Habits Survey (Statistics and Studies General Direction, 2015) notes the great growth (doping) of the usual practice that has been running in recent years. Today, most runners prefer to run shoes, but despite the development of performance-enhancing and injury-causing sneakers, interest in barefoot (or barefoot) has increased over the past decade (Perkins et al., 2014) partly as a result of the proliferation of the book Born to Run (Cheung & amp; Ngai), in 2015; McDougall, 2011; Murphy et al., 2013). To verify this current, it is only necessary to observe races that involve barefoot and minimalist mode. The race in Montilla (Córdoba) on 31 January is just one example of this growing interest barefoot, shoe companies have developed a species called barefoot racing simulated minimalist. under the pretext of protecting the plantar area from various aggressions (wounds, burns, etc.) (Cheung & amp; Ngai, 2015; Hall et al., 2013; Nurphy et al., 2014). performance in the race and prevent injuries (Fuller, Bellenger, Thewlis, Tsiros, & amp; Buckley, 2015). Conceptual Description: Barefoot and what kind of shoes means we talk about traditional or minimalist shoes, installing some it lets us distinguish one species from another. Barefoot runner. Source: Google We have barefoot, which was first described as not wearing shoes (definition 'barefoot' Collins English Dictionary, n.d.) and, in this particular case, the fact that it works barefoot. recently, there was no consensus on what minimalist footwear was, and therefore the characteristics of a shoe had not been identified to fall into this category. To this end, according to the score obtained, a test was developed that would determine the degree of minimalism of the given recognition (highest score, highest minimalism) (Esculier, Dubois, Dionne, Leblond, & amp; Roy, 2015). Minimalist footwear (par excellence) is defined as: shoes that provide minimal interference with the natural movement of the foot due to its high flexibility, low thickness of the heel and front foot base (drop), low weight and absence of control and stability elements (Esculier et al., 2015). In this way, the higher you score on the test, the closer you get to the recognition given a particular shoe. Taking into account the above concepts, you can find four modalite of shoes (barefoot regardless) on the market. Primarily traditional footwear (highest drop, fixing and cushioning), medium (on horseback between conventional and minimalist), minimalist par excellence (similar to the most barefoot anatomy) and finally minimalist shoes. Source: Google Corredor with traditional shoes. Source: Google Corredor with traditional shoes. Source: Google The Big Secret Tarahumara tribe (McDougall, 2011). Runners with minimalist shoes. Source: Google Corredor with traditional shoes. to Run (McDougall, 2011). ICT Cheung, R. T., & amp; Ngai, S. P. (2015). Shoe effects of running economy in distance runners: A meta-analytical review. Journal of Science and Medicine Australia. Barefoot description Collins English Dictionary. (n.d.). Accessed November 16, 2015. Esculier, J.-F., Dubois, B., Dionne, C.E., Leblond, J., & amp; Roy, J.-S. (2015). Consensus definition and rating scale for minimalist shoes. Journal of Foot and Ankle Research, 8, 42. Fuller, J.T., Bellenger, C. R., Thewlis, D., Tsiros, M.D., & amp; Buckley, J.D. (2015). The Effect of Footwear on Running Performance and Running Economy in Distance Runners. Sports Medicine, 45(3), 411-422. Hall, J. P. L., Barton, Jones, P.R., & amp; Morrissey, D. (2013). Biomegical differences between barefoot and shod distance running: a systematic review and preliminary meta-analysis. Sports Medicine (Auckland, N.Z.), 43(12), 1335–1353. McDougall, C. (2011). Nacidos para correr: La historia de una tribu oculta, un grupo de superatletas y la mayor carrera. Penguin Random House Grupo Editorial España. Murphy, K., Curry, E., & amp; Matzkin, E. (2013). Barefoot Running: Prevents Injuries? Sports Medicine, 43(11), 1131-1138. Perkins, K.P., Hanney, W. J., & amp; Rothschild, C. E. (2014). Risks and working benefits of barefoot or minimalist footwear: a systematic review. Sports Health, 6(6), 475-480. Ryan, M., Elashi, M., Newsham-West, R., & amp; Taunton, J. (2014). Examining the risk of injury and pain perception in runners using minimalist shoes. British Journal of Sports Medicine, 48(16), 1257–1262. Subdirección General de Estadística y Estudios, S. G. T. (2015). Encuesta de hábitos deportivos en España 2015, (1). Relacionado athletic shoe evolution: Chuck Taylor high tops. Oregon Waffles. Adidas S.L. 72s and 76s (I had them!). Air Jordan. Specially made shoes for tennis, volleyball, weightlifting, running, cheerleading, wrestling, etc. Now Adidas adiPURE barefoot or funky looking footwear like Vibram Five Fingers. Imelda Marcos would be proud. Related to foot shoes - and especially the evolution of running shoes - we have, in a way, come full circle. Barefoot or almost barefoot anger brought us to this point: run shod (with shoes) or unshod (barefoot)? Much discussion and research there, let's take a look specifically at safety, working economy, operating speed and oxygen consumption (VO2). A new study by Hanson, et al. reported that running shod barefoot requires higher rates of oxygen consumption. Compared to shod working barefoot and on a treadmill, we found only two VO2 statistically significant differences in seven studies. An original aspect of the Hanson study was also compared to working on shod and barefoot ground. For shod employee was 5.7% larger. 5.7% VO2 is the biggest difference reported to the shod employee against barefoot so far. In a study by Squadrone and Gallozzi, these facts were discovered: Ground contact time (in seconds) during barefoot running was significantly lower when working barefoot (2.19 vs. 2.34). Step frequency (step/minute) was significantly higher barefoot (91,2 vs. 86,0). As a result, the step time was significantly lower than the shod. In another study, a treadmill was compared barefoot to shod working impulses of 3.33 meters per second for 4 minutes on the dynamometer. Barefoot shod showed these results: Low contact and flight time Low passive peak force High braking and thusing impulses High preactivation of calf muscles When this step is performed in sufficient numbers, it has come to the conclusion that when this step is done in sufficient numbers, it results in a reduction in impact peaks to reduce the high mechanical stress that occurs during barefoot-running repetitive steps. This neural-mechanical adaptation can also increase elastic energy return of storage and ankle extansors. Lieberman, et al. consistent barefoot endurance runners often found land on the front foot (front foot strike) or less, heel (back foot strike). On the other hand, consistent shod runners use a back-foot strike landing that is boosted by the padded heel of modern running shoes. Kinematic and kinetic analyses show that even on hard surfaces, barefoot runners hitting the front foot produce smaller collision forces than back-foot forwards. The difference is primarily due to plantar flexible foot than more ankle fit during landing and impact. This reduces the effective mass of the body when it collides with the ground. Front-and-midfoot strike walking walks are probably more common when people ran barefoot or minimal shoes. This can protect the feet and lower extremities from some impact-related injuries. Researchers at Newcastle University have found that there is no scientific evidence to support claims that specially designed running shoes. help prevent injuries. There was no published research they showed 1) how controlled the running shoes rolled into the foot, and 2) helped prevent injuries to raised padded heels. In fact, some shoes are specially designed to make a person heel terrain, which is not natural, and can upset the balance and makes it prone to ankle strains, so acute injuries are also relevant. Potential Benefits of Running Barefoot:1 May strengthen muscles, tendons and toe ligaments and allow you to develop a natural walk again. Removing the heel lift of most shoes will help strengthen the Achilles tendon and calf muscle, which can stretch and reduce injuries such as calf strains or Achilles tendinitis. Runners will learn terrain on the front foot instead of heels. Heel strike shoes during running have been developed due to excessive padding, but research shows that this is not the most efficient runners land on the middle foot and keep their steps smooth and fluid. Landing on the front foot also provides the movement of arches as natural shock absorbers. This can increase balance and proprioception. Going barefoot helps improve balance, but it also helps them stay grounded and connected to your surroundings. A person can learn to spread their toes and expand their feet while becoming a more robust and connected base that supports all movements. Barefoot going or a minimal shoe and requires a slow adaptation phase. But it's not the only concern about a shoeless exercise. If you have an existing problem and no pain, do you really need to change something? Running shod glass provides more protection from floor debris such as nails, rocks and thorns. Shoes also offer insulation in cold weather and protect freezing feet in ice and snow. shoe will be a shock to the feet and thus the muscles will initially feel overworked. In some people, this can lead to injuries such as achilles tendinitis or calf strain when conventional heel lifting shoe is removed. The plantar pain - or in those more fragile - increase the risk of plantar fascitis. It is inevitable that almost everyone who has moved to a barefoot or minimal shoe or started going without shoes will find the first few weeks dealing with bubbles until callouses are formed. Comment Result: Run unshod or shod? The jury's still out there. If you choose to go barefoot - or wear funky footwear - start slowly and be careful. If you want to go with high-tech running shoes, ask a professional for proper fit. Appropriate.

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