

Empirical & Evidence-Based Resources to Support the Use of Correct Toes

Below is a list of journal studies, magazine articles, websites, blogs, books, and other resources that support the notion of the foot's inherent structural integrity and associated natural and injury-free gait. They additionally illustrate the benefits of being barefoot and/or using minimalist footwear, as well as injuries associated with conventional footwear use. Specific medical conditions, such as bunions, plantar fasciitis(-itis), and knee osteoarthritis are also addressed, exploring non-conventional etiologies and treatment strategies. These resources, along with our clinical and personal experience, provide much of the foundation for our conservative, non-invasive treatment methods.

Studies & Journal Articles

- William A. Rossi, DPM. "[Why Shoes Make 'Normal' Gait Impossible.](#)" Podiatry Management. Mar 1999.
- William A. Rossi, DPM. "[Footwear: The Primary Cause of Foot Disorders.](#)" Podiatry Management. Feb 2001.
- William A. Rossi, DPM. "[Children's Footwear: Launching Site for Adult Foot Ills.](#)" Podiatry Management. Oct 2002.
- William A. Rossi, DPM. "[Fashion and Foot Deformation.](#)" Podiatry Management. Oct 2001.
- Harvey Lemont, DPM, et. al. "Plantar Fasciitis: A Degenerative Process (Fasciitis) Without Inflammation." Journal of the American Podiatric Medical Association. May 2003.
- Glenn Ingram, Jr., ND and Ray McClanahan, DPM. "[Treatment of Plantar Fasciitis.](#)" Naturopathic Doctor News & Review. March 2007.
- Najia Shakoor and Joel A. Block. "[Walking Barefoot Decreases Loading on the Lower Extremity Joints in Knee Osteoarthritis.](#)" Arthritis & Rheumatism. Sep 2006
- Michael Warburton. "[Barefoot Running.](#)" Sports Science. 2001.
- Dr. Craig Richards, et. al. "[Is Your Prescription of Distance Running Shoes Evidence-Based?](#)" British Journal of Sports Medicine. Apr 2008.
- Steven E. Robbins and Adel M. Hanna. "[Running-Related Injury Prevention Through Barefoot Adaptations.](#)" Medicine and Science in Sports and Exercise. 1987.
- S.A. Mays. "[Paleopathological Study of Hallux Valgus.](#)" American Journal of Physical Anthropology. 2005.
- Bertrand Mafart. "[Hallux Valgus in a Historical French Population: Paleopathological Study of 605 First Metatarsal Bones.](#)" Joint Bone Spine. Feb 2007.
- Steven E. Robbins and Gerard J. Gouw. "[Athletic Footwear: Unsafe Due to Perceptual Illusions.](#)" Medicine and Science in Sports and Exercise. 1991.
- Steven Robbins and Edward Waked. "[Hazard of Deceptive Advertising of Athletic Footwear.](#)" British Journal of Sports Medicine. 1997.
- Joseph P. Laluya, DO, et. al. "Sports Medicine: Conservative Approach Benefits Athletes with Hallux Valgus." Biomechanics. May 2000.
- V. Sachithanandam and Benjamin Joseph. "[The Influence of Footwear on the Prevalence of Flat Foot.](#)" The Journal of Bone and Joint Surgery. 1995.
- More medical journal articles are listed here: www.barefooters.org/medicine/



Magazine & Online Articles, Blogs

- “[Arch Support](#)” by Ray McClanahan, DPM. Northwest Foot & Ankle.
- “[Take Off Your Shoes and Walk](#)” by Simon J. Wikler, DSC.
- “[Barefoot Running May Be Better For You](#)” by Joseph Mercola, DO. Mercola.com, Aug 2009.
- “[Run Like a Child](#)” by John Douillard, DC. LifeSpa.com, 2011.
- “[You Walk Wrong](#)” by Adam Sternbergh. New York Magazine, Apr 2008.
- “[Barefoot Nation: Wanna Run Faster and Stronger?](#)” by Adrienne So. Willamette Week, May 2009.
- “[The Painful Truth About Trainers: Are Running Shoes a Waste of Money?](#)” by Christopher McDougall. Live Mag, Apr 2009.
- “[Wiggling Their Toes at the Shoe Giants](#)” by Amy Cortese. The New York Times, Aug 2009.
- “[Study: Running Shoes Could Cause Joint Strain](#)” by Rachael Rettner. Live Science, Jan 2010.
- “[Much Ado About Minimalism](#)” by Richard A. Lovett. Running Times, Apr 2010.
- “[Is the Key to Curing Plantar Fasciitis in Your Toes?](#)” by Richard A. Lovett. Running Times, Apr 2010.
- “[The Importance of the Big Toe.](#)” Two Rivers Treads.
- “[Reform School for Toes](#)” by Sam Murphy. Jul 2011.
- “[Toes and Foot Health](#)” by Robyn Hughes, ND. Oct 2011.
- “[The Once and Future Way to Run](#)” by Christopher McDougall. The New York Times, Nov 2011.
- “[Interview with Dr. McClanahan](#)” by Kelsey Armstrong, DPM. Armstrong Podiatry and Sports Health Blog.
- “[Update Review-Correct Toes Spacers for Runners and Others with Foot Problems.](#)” Sam’s Running, People, Places, and Things. Mar 2011.

Books

- Daniel Howell, PhD. “The Barefoot Book.” 2010.
- Michael Sandler. “Barefoot Running.” 2010.
- Christopher McDougall. “Born to Run.” 2009.
- Danny and Katherine Dryer. “Chi Running.” 2009.
- Ashish Mukharji. “Run Barefoot Run Healthy.” 2011.

Websites

- Society for Barefoot Living, www.barefooters.org
- barefootrunner.com
- Biomechanics of Foot Strikes & Applications to Running Barefoot or in Minimal Footwear, barefootrunning.fas.harvard.edu

Testimonials

- [Correct Toes testimonials](#)