

# How Barefoot Science Works

Barefoot Science is an intelligent solution to an age-old problem that has never been solved by traditional orthotics. Pain and dysfunction is caused by muscle weakness, so it follows that strengthening is the path to wellness.

The standard treatment for foot and joint pain is orthotics or device loaded shoes which effectively brace the foot, preventing movement. However, we believe this is not the solution. Through rehabilitation and strengthening work, Barefoot Science builds a better foundation for pain free movement.

## **A Stronger Foundation**

Architects know that arches lend strength. The arch in our feet works similarly, absorbing pressure and supporting our weight. An increased arch height results in a more even weight distribution across the joints of the foot, decreasing tension on the plantar fascia. Barefoot Science works to build arch strength by stimulating the muscles in the foot, building strength over a short period of time.

## **The Barefoot Feeling**

Our feet were designed to be bare. Bare feet feel the ground better and can react quickly to changes on the ground. Barefoot Science stimulates the body's innate proprioception, enabling you to better sense your feet, and improving balance and stability.

## **A Gradual and Dramatic Change**

With its' dome-shaped insole, Barefoot Science begins by progressively stimulating receptors in the soles of the feet and building new muscle. While it is doing this, it is also creating new neural pathways to help your body's natural sense of alignment and balance. Each time a new insert is placed into the dome, forcing your foot to work harder. The end result is a proven increase in arch strength and height, balance, foot stability, and ultimately, a stronger kinetic chain.

## **The Science Stands Up**

Independently tested and re-tested, Barefoot Science has a proven track record of dramatic results for all people.

- Those who stand or walk for extended periods of time for their jobs
- Athletes
- Military personnel
- Diabetics

## Some Highlights

- **Over 96% of ER Doctors and Nurses reported pain reduction** in at least one of eight body parts studied. (Participants' fatigue scores fell over 20% while overall pain reductions scores plummeted over 80% during the four-week study.)
- In a study by Scholl plc and University of Huddersfield in the UK, the Barefoot Science insole system **was shown to reliably reduce the length and width of the foot's main measurements by up to 4% after eight weeks of use.** With an **increased arch and an average of 36% less skin on the ground flat feet greatly reduced.**
- Using an in-shoe plantar pressure and force measurement system, we measured **instant improvements in balance, stability, and side-to-side movement of up to 50% while walking** with Barefoot Science insoles. In standing tests, subjects with Barefoot Science insoles were observed to have **50% better alignment** than those with regular insoles.