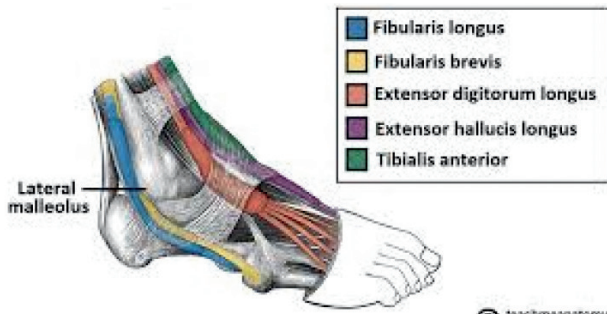


Why is it important to have the right shoes?

Did you know the foot has 21 muscles?



These muscles (especially the big toe) need space to be in the best position for force absorption and generation



Shoe Brands

Minimalist with cushion

- Altra
- Topo Athletic -varied heel drop but always wide toe

Minimalist with minimal to no cushion

- Tolos
- Vivobarefoot
- Xero

Minimalist toe-shoe style

- Peluva

Transition to minimalist footwear

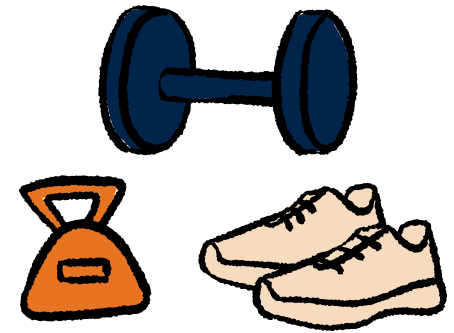


Start wearing them for a short duration and increase the time over a month

The recommendations mentioned here are provided as examples, and it is important to find footwear that suits your personal needs and preferences. We are not responsible for any injuries or discomfort that may occur as a result of following the advice in this flyer. Please prioritize comfort, safety, and professional guidance when selecting footwear.

Our Mission

To provide one-on-one individualized functional exercise programs to promote health and wellness goals.



All students can benefit from this program for the purpose of well-being, injury prevention, chronic injury, education or just need a place to start!



Recommendations

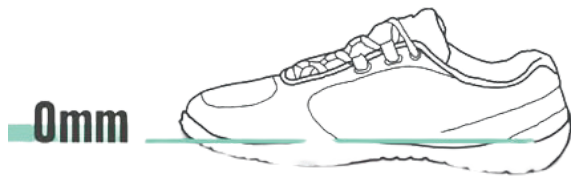
Wide Toe Box Shoes

Promotes natural toe splay and therefore stability and comfort



Minimal Heel Drop

Promotes natural foot alignment and even weight distribution, promoting more functional movement patterns



Toe Socks

Tight socks can scrunch your toes together and have similar negative side effects to a narrow shoe



Department of
Student Health and Wellness

**Schedule an appointment
in the Healthy Hoos
Patient Portal**



What shoes are right for you?

**Recommendations to
improve natural foot function
and stability**

The Fried Center @ SHW

studenthealth.virginia.edu/well-being/functional-exercise



Disclaimer: The information provided in this flyer is intended for educational purposes only and should not be considered medical advice. While we strive to present accurate and up-to-date information, individual needs and conditions may vary. It is essential to consult with a healthcare professional or footwear specialist before making significant changes to your footwear or exercise routine, especially if you have specific orthopedic or structural concerns.