

EFFECTS OF VIBRAM FIVEFINGERS SHOES ON BALANCE: A CASE SERIES

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The goal of this research is to see if the Vibram Fivefingers® shoe, a barefoot technology shoe, can improve balance in 20 asymptomatic subjects. The hypothesis being tested is that by wearing hypermobile shoes, balance will increase through strengthening the intrinsic muscles of the foot and increasing proprioception. This will be investigated using several balance tests and a balance questionnaire.

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