

Abstract

Title: Influence of barefoot shoes on foot shape and subjective feelings of probands

Objectives: The aim of the work was to find out if switching from conventional footwear to barefoot shoes would lead to shape changes in the foot. It was also investigated how proband will evaluate the change of footwear and whether there will be pain during the intervention. Last but not least, attention was paid to intra-individual and gender differences in responses to change.

Methods: The non-randomized research group consisted of 9 volunteers (5 women, 4 males with average age 33.5 years). These individuals voluntarily and independently of the research survey decided to change from a common shoe to a barefoot. The research lasted for 3 months, during which the subjects surveyed recorded their subjective feelings. According to the research design, one group before and after the objective measurements of the shape characteristics of the feet using the DomeScan IVB software were made at the beginning and at the end of the research. The results were statistically processed using Excel and converted into graphical form. The questionnaire survey consisted of an introductory, regular weekly and final form.

Results: Feet changes were made in the probands, but they were not statistically significant. Participants rated positively the transition from conventional to barefoot shoes despite the pain that emerged during the investigation. Without exception, the differences between the right and left legs and between men and women were noted.

Keywords: barefoot, footwear, foot, walking

