

Injuries From Barefoot Running Have Leveled Off: TX Podiatrist

Experts say people can successfully lose the laces. The key is to break in slowly. Start by walking around barefoot. Run no more than a quarter mile to a mile every other day in the first week. Gradually increase the distance. Stop if bones or joints hurt. It can take months to make the change. "Don't go helter skelter at the beginning," said **Dr. Jeffrey Ross**, an associate clinical professor of medicine at Baylor College of Medicine and chief of the Diabetic Foot Clinic at Ben Taub General Hospital in Houston.



Dr. Jeffrey Ross

A year and a half ago, Ross saw a steady stream -- between three and six barefoot runners a week -- with various aches and pain. It has since leveled off to about one a month. Ross doesn't know why. It's possible that fewer people are trying it or those baring their feet are doing a better job adapting to the new running style.

Source: Alicia Chang, *Associated Press* [8/4/12]

Dr. Ross was also invited to go to Colorado Springs and attend the USOC Volunteer Program. He was invited by the American College of Sports Medicine.