

Most Barefoot Injuries a Result of Too Much Enthusiasm: MN Podiatrist

While the ranks of people running barefoot or in "barefoot running shoes" have grown in recent years, they still represent the minority of runners. Some devotees swear they are less prone to injuries after kicking off their athletic shoes, though there's no evidence that barefoot runners suffer fewer problems. In some cases, foot specialists are noticing injuries arising from the switch to barefoot, which uses different muscles.



Dr. Paul Langer

Podiatrist **Dr. Paul Langer** used to see one or two barefoot running injuries a month at his Twin Cities Orthopedics practice in Minneapolis. Now he treats between three and four a week. "Most just jumped in a little too enthusiastically," said Langer, an experienced runner and triathlete who trains in his barefoot running shoes part of the week.

Source: Alicia Chang, *Winnepeg Free Press* [8/8/12]