

Endnotes

PREFACE

1. Pardon the offensive language. I am just quoting this old study, which all too typically uses Colonial racist language of that era. The study also refers to the “natives” as “savages,” probably in shocked reaction to their headhunting and cannibalism, both still common practices in 1939 in the area of New Guinea.

Using slightly more modern terms, the race of the natives would be considered Polynesian and that of the “Europeans” would be Caucasian. To be most correct today, you would just say that the two groups from different geographic areas have discernible genetic differences.

The study is **James**, Clifford S. (1939). Footprints and feet of natives of the Solomon Islands. In the *Lancet*: 2: 1390-1393. Malaita, the island in the study, is next to Guadalcanal, site of famous U. S. Marine and Naval battles against the Japanese just a few years later in 1942 during World War II.

ENDNOTES

Chapter 1. Introduction

1. **Robbins**, Steven E. & Hanna, Adel M. (1987). **Running-Related Injury Prevention Through Barefoot Adaptations**. In *Medicine and Science in Sports and Exercise* 19, **148-156**.
2. **Marti**, Barnard et al. (1989). On the epidemiology of running injuries. In *The American Journal of Sports Medicine* 16: 3; 285-294, particularly pages **287** and 291.
3. **Bramble**, Dennis M. & **Lieberman**, Daniel E. (2004). Endurance running and the evolution of *Homo*. In *Nature* 432: 18 November 345-352. I find nothing to disagree with them relative to their discovery that humans evolves into a design optimized for endurance running, which made humans very successful predators. But in addition I think it is obvious and old news that man also evolved to run fast, at least relatively so, in order to be successful as individual prey escaping from a predator. In that context, I cannot avoid recalling the very old joke about a brief conversation between two people being chased by a bear. One of the pursued observed aloud that he did not need to be faster than the bear, he only needed to be faster than the other person in order to survive. Also, see Lieberman, Daniel E. et al. (2007). The evolution of endurance running and the tyranny of ethnography: A reply to Pickering and

Bunn (2007). In the *Journal of Human Evolution* 53: 439-442.

4. **Richards**, Craig et al. (2009). **Is Your Prescription of Distance Running Shoes Evidence-Based?** In *British Journal of Sports Medicine*, April. See also **Ryan**, Michael B. et al. (2011). The effect of three different levels of footwear stability on pain outcomes in women runners: a randomized control trial. In the *British Journal of Sports Medicine* 45: 715-721, particularly page **715**.

5. **McDougall**, Christopher (2010). **Born To Run**. New York: Alfred A Knopf. The entire book is a fabulous read, but I recommend particularly Chapters 25 and 28, which provide much more detail on the research I cited by Robbins, Marti, as well as Bramble and Lieberman. See also his article on “**The painful truth about trainers: Are running shoes a waste of money?**” at Mail Online: www.dailymail.co.uk/home/moslive/article1170253/The-painful-truth-trainers-are-expensive-running-shoes-waste-money.html. See also: “**New Study by Dr. Daniel Lieberman on Barefoot Running Makes Cover Story in Nature Journal**” at www.runbare.com/389/new-study-by-dr-daniel-lieberman-on-barefoot-running-makes-cover-story-in-nature-journal/. In addition, see “**The Once and Future Way to Run**” at www.nytimes.com/2011/11/06/magazine/running-christopher-mcdougall.html/?_r=2&ref=nutrition.

6. I am not counting Nike Free™ shoes here because I think it is questionable to call them a barefoot-based sole design. They are really just conventional shoe soles with a newly modified use of a very old technology: relatively deep slits (called “sipes”) in the soles to create better flexibility that is more like the natural flexibility of the human foot sole. Nike Free™ also came out earlier, in 2004. That technology is largely a newly modified adaptation of the 1930's boat shoe design with siped soles for traction that were made commercially popular as the Sperry Topsider™, which is still popular today.

A recent study confirms my earlier evaluation that Nike Free™ shoes “failed to result in changes in spatio-temporal parameters when compared with running in a standard running shoe”. From page 1201 of: **Squadrone**, Roberto et al. (2015). Acute effect of different minimalist shoes on foot strike pattern and kinematics in rearfoot strikers during running. In *Journal of Sports Sciences*. 33: 11: 1196-1204.

By the way, in point of indisputable fact, I invented the flexible sole with slits technology for athletic shoes in 1989 and filed U. S. and international patent applications covering the technology at that time. Both U. S. and international applications were published in their entirety several times internationally, beginning in 1991.

I came up with the simple design because I had very limited funds at that time. Back then when I was just being started in barefoot-based design I had only a very limited, jury-rigged prototyping capability. So conventional soles with deep slits for better flexibility at least more

like the barefoot sole was the only cheap and easy approach available to me to make decent prototypes for real world testing.

When I tested them, I became very dissatisfied with my self-testing results, so I quickly developed a far superior design in which the slits are all completely within the shoe sole, which yields far better results, especially in terms of closely following the natural design of the extremely flexible human foot sole. That design, plus further improvements later in 2005-6, were developed and patented years ago, but no footwear companies are using these designs as far as I know, even though most of the earlier designs are no longer under patent protection, since the terms of the patents have expired.

7. **Hollander**, Karsten (2015). Comparison of Minimalist Footwear Strategies for Simulating Barefoot Running. In *PLOS ONE* DOI: 10: 1371/journal.pone.0125880 May 26
8. **Nigg**, Benno M. (2010). *Biomechanics of Sports Shoes*. Calgary, Alberta.
9. **Frederick**, E. C. (2011). Starting Over. In *Footwear Science* 3: 2: June 69-70.
10. **Bachman**, Rachel (2014). Better Than Barefoot. In *The Wall Street Journal*, July 23, D1 & D3.
11. **Ryan**, Michael (2014). Examining injury risk and pain perception in runners using minimalist footwear. In *British Journal of Sports Medicine* 48::1257-1262, especially pages 1 & 5.

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- Altman**, Alison R. & Davis, Irene S. (2012). Barefoot Running: Biomechanics and Implications for Running Injuries. In *Current Sports Medicine Reports* 11: 5: 244-250, particularly pages **245-246**, **247-248** and **249**. An excellent summary article.
- Daoud, Adam I. et al. (2012). Foot Strike and Injury Rates in Endurance Runners: A Retrospective Study. In *Medicine and Science in Sports and Exercise*:1325-1334.
- De Koning**, Jos J. & Nigg, Benno M. (1993). Kinetic Factors Affecting Initial Peak Vertical Ground Reaction Forces in Running. In *Abstracts – International Society of Biomechanics XIV Congress 1993*: **673**.
- Divert, C. et al. (2005). Mechanical Comparison of Barefoot and Shod Running. In *International Journal of Sports Medicine*. 26: 593-598.
- Dreifus, Claudia (2011). Born, and Evolved, to Run. In *The New York Times* August 22, 2011 1-4.
- Hamill**, Joseph et al. (2011). Impact characteristics in shod and barefoot running. In

Footwear Science 3: 1: 33-40. particularly page **39**.

Herzog, Walter (2012). Running Injuries: Is It a Question of Evolution, Form, Tissue Properties, Mileage, or Shoes? In *Exercise and Sport Sciences Reviews* 40: 2: 59-**60**.

Jungers, William L. (2010). Biomechanics: Barefoot Running Strikes Back. In *Nature* 463 (January 28): 433-34.

Lieberman, Daniel E. (2012). What We Can Learn About Running from Barefoot Running: An Evolutionary Medical Perspective. In *Exercise and Sport Sciences Reviews* 40: 2: 63-72, especially pages 64-**65**.

Lieberman, D. E. et al. (2010). Foot strike patterns and collision forces in habitually barefoot versus shod runners. In *Nature* 463 (January 28): **531-535**.

Nigg, Benno & Enders, Hendrik (2013). Barefoot running – some critical considerations. In *Footwear Science* 5: 1: 1-7. particularly page **1**.

Oeffinger, Donna et al. (1999). Comparison of gait with and without shoes in children. In *Gait and Posture* 9: 95-100, particularly page **97**.

Ryan, Michael B. et al. (2011). The effect of three different levels of footwear stability on pain outcomes in women runners: a randomized control trial. In *The British Journal of Sports Medicine* 45: 715-721, particularly page **775**.

Stacoff, Alex et al. (1991). The effects of shoes on the torsion and rearfoot motion in running. In *Medicine and Science in Sports and Exercise* 482-490, especially page **487** and Rearfoot Angle at **(c)** in figure.

Warburton, Michael (2001). Barefoot Running. In *SportsScience* 1-6.
www.sportsci.org/jour/0103/mw.htm.

Wegener, Caleb et al. (2011). Effect of children's shoes on gait: a systemic review and meta-analysis. In the *Journal of Foot and Ankle Research* 4: 3: 1-13, particularly page 1.

Wilford, John N. (2004). Running Extra Mile Sets Humans Apart In Primates' World. In *The New York Times*, November 18, 2004, A1 & A18.

See also **Relevant Foot Research** at Natural Footgear:

http://www.naturalfootgear.com/Relevant_Foot_Research.html

Chapter 2. ELEVATED SHOE HEELS TILT THE FOOT OUTWARD

1. **Griffen**, Nicole L. et al. (2010) Comparative *in vivo* forefoot kinematics of *Homo sapiens* and *Pan paniscus*. In the *Journal of Human Evolution* 59: 608-619, especially pages **608-609** and the Conclusion on page **617**.

2. **Kolker**, Lionel (1972). A Biochemical Analysis of Flatfoot Surgery. In *Modern Therapeutic Approaches to Foot Problems: Scientific Papers Presented at the 60th Annual Meeting of the American Podiatry Association* In Boston, Massachusetts (Altman, Morton & McGregor, Rob Roy, eds.) Mount Kisco, NY: Futura Publishing Co. 245-314, particularly pages **246-249** with **Figure 1**.
3. **Evans** (adapted from Hicks). See also **Hicks**, J. H. (1961) The Three Weight-Bearing Mechanisms of the Foot. In Chapter 7 in *Biomechanical Studies of the Musculo-Skeletal System*. F. Gaynor Evans (ed.) Springfield, Illinois: Charles C Thomas, 161-191, especially pages **175-177**. And **Hicks**, J. H. (1954). The Mechanics of the Foot II. The Plantar Aponeurosis and the Arch. *The Journal of Anatomy*, 25-30, especially p. **27-29 with Fig. 1-4**. In addition, **Sarrafian**, Shahan K & Kelikian, Armen S. (2011). Functional Anatomy of the Foot and Ankle. In *Sarrafian's Anatomy of the Foot and Ankle*. Third Edition, Armen S Kelikian (ed.) Philadelphia et al: Wolters Kluwer et al, 507-643, especially pages 511, 512, 516, 519, **560 with Fig. 10.82**, 593-594 with **Figs. 10.142 & 10.143**, and **620 with Fig. 10.183**.
4. Barkema, Danielle D. et al. (2012). Heel height affects lower extremity frontal plane joint moments during walking. In *Gait & Posture* 35: 483-488, particularly pages 483, 485-487 with Figures 2 & 4. See also Cronin, Neil J. (2014). The effects of high heeled shoes on female gait: A Review. In the *Journal of Electromyography and Kinesiology* 24: 258-263. particularly pages 258 and 261.
5. **Foster**, Alicia et al. (2012). The Influence of Heel Height on Frontal Plane Ankle Biomechanics: Implications for Lateral Ankle Sprains. In *Foot & Ankle International* 33: 64-69, particularly pages 64, **67 with Table 1** and **Figure 3B**, and 68.
6. **Kouchi**, Makiko & Tsutsumi, Emiko (2000). 3D Foot Shape and Shoe Heel Height. In *Anthropological Science* 108: 4: 331-343, particularly page **331**, 336-338 with **Figures 5-7**, and **342**. **Stefanyshyn** et al. (2000), The Influence of High Heeled Shoes on Kinematics, Kinetics, and Muscle EMG of Normal Female Gait. In the *Journal of Applied Biomechanics* 16: 309-319, particularly pages 309, 313-316. See also **Hong**, Wei-Hsien et al. (2013). Effect of Shoe Heel Height and Total-Contact Insert on Muscle Loading and Foot Stability While Walking. In *Foot & Ankle International* 34: 2: 273-281, particularly pages **273-274**, 276-**277 with Figure 3(b)**, and 279 with Figure 5.
7. **Derrick**, Timothy R. et al. (2002). Impacts and kinematic adjustments during an exhaustive run. In *Medicine and Science in Sports and Medicine* 998-1002, particularly pages **998** and 1000-**1001 with Table 2**. See also **Clarke**, T. E. et al. (1983). The effects of shoe design parameters on rearfoot control in running. In *Medicine and Science in Sports and Exercise* 15: 5: 376-381, particularly page **377 with Fig. 1**.
8. **Ehlen**, Kellie A. et al. (2011). Energetics and Biomechanics of Inclined Treadmill Walking

in Obese Adults. In *Medicine and Science in Sports and Exercise* 1251-1259, particularly page 1251-1252, 1256 with **Figure 3**, and 1258.

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Barg, Alexej et al. (2012). Subtalar Instability: Diagnosis and Treatment. In *Foot & Ankle International* 33: 151-160, particularly page 158.

Bates, Barry & Stergiou, Nicholas (1999) Forces Acting on the Lower Extremity. In Steven I. Subotnick (ed.) *Sports Medicine of the Lower Extremity*. 2nd Ed. New York, NY: Churchill Livingstone, 167-185, especially pages **172**.

Becker, James et al. (2014). Center of pressure trajectory differences between shod and barefoot running. In *Gait & Posture* 40: 504-509, especially pages 507-**508** and Figs. 3 & 4.

Benjamin, Mike (2009). The Fascia of the Limbs and Back – A Review. In *Journal of Anatomy*, 214, 1-18, especially pages **13 with Fig. 10** and 14.

Billis, E. et al. (2007). Assessment of foot posture: Correlation between different clinical techniques. In *The Foot* 17: 65-72, particularly pages 65 & **67 with Figures 1-2**.

Binkley, Christina (2014). Are High Heels Dead? In *The Wall Street Journal*, October 22, 2014.

Boyer, Katherine A. et al. (2014). The Role of Running Mileage on Coordination Patterns in Running. In *Journal of Applied Biomechanics* 30: 649-654, particularly including pages **652-653 with Figure 1**.

Campanelli, Valentina et al. (2011). Heel fat pad: a 3-D morphological study. In *Footwear Science*, 3:sup1, **S22-S23 with Figs. 1-2**, wherein it is noted on page S22 that the ..."[Heel Fat Pad] HFP average thickness is greater in the lateral rather [than] in the medial part of the HFP...."

Clarke, T. E. et al. (1983). Effects of Shoe Cushioning Upon Ground Reaction Forces in Running. In the *International Journal of Sports Medicine* 247-251, particularly pages 247-248.

Day, M. H. & Napier, J. R. (1964). Fossil Foot bones. In *Nature* 201: 969-970, particularly page **969 with Figure 1**.

Ebbeling, Christine J. et al. (1994). Lower Extremity Mechanics and Energy Cost of Walking in High-Heeled Shoes. In the *Journal of Orthopaedic and Sports Physical Therapy* 19:4: 190-196, particularly page 195.

Engsberg, Jack R. & Andrews, James G. (1987). Kinematic Analysis of the Talocalcaneal/Talocrural Joint During Running Support. In *Medicine and Science in Sports*

and *Exercise* 19: 3: 275-284, especially pages 278 & 283.

Fredericks, William et al. (2015) Lower Extremity Biomechanical Relationships with Different Speeds in Traditional, Minimalist, and Barefoot Footwear. In the *Journal of Sports Science and Medicine* 14: 276-283, particularly page 276.

Fuller, Eric A. (2000). The Windlass Mechanism of the Foot, *Journal of the American Podiatric Medical Association* 90 No.1: 35-46, particularly pages **38-39** with **Figs. 2 & 3**.

Fuller, Joel T. et al. (2015). The Effect of Footwear on Running Performance and Running Economy in Distance Runners. In *Sports Medicine* 45: **411-422**.

Gottschall, Jinger S. & Kram, Roger (2005). Ground reaction forces during downhill and uphill running. In the *Journal of Biomechanics* 38: 445-452, particularly pages **445-446** and 450.

Griffin, Nicole L. et al. (2010). Comparative forefoot trabecular bone architecture in extant hominids. In the *Journal of Human Evolution* 59: 202-213, particularly page **202**.

Gruber, Allison H. et al. (2015). Economy and rate of carbohydrate oxidation during running with rearfoot and forefoot strike patterns. In the *Journal of Applied Physiology* 115: 2: 194-201, particularly page 194.

Hamill, Joseph et al. (2015). *Biomechanical Basis of Human Movement* (4th Edition) Philadelphia: Wolters Kluwer, particularly pages 212-217 and Figures 6-29 to 6-37. Simply the best introductory textbook and accessible but authoritative reference on biomechanics and anatomy.

Hatala, Kevin G. et al. (2013). Variation in Foot Strike Patterns during Running among Habitually Barefoot Populations. In *PLOS ONE* 8: 1: 1-6, especially **1**.

Jezersek, Matija et al. (2011). Three-dimensional laser based measurement of human foot during walking. In *Footwear Science* 3: sup1: S81-S83, particularly page **S82 with Figure 2**.

Kapandji, I. A. (1987). *The Physiology of the Joints (Volume 2): The Lower Limb (Fifth Edition)*. Edinburgh: Churchill Livingstone. A wonderful set of three volumes, each with alternative pages of text and drawings describing the form and function of the human body.

Klenerman, Leslie & Wood, Bernard (2006). How the Foot Works. In *The Human Foot*. London: Springer-Verlag, 81-101, particularly pages 89-92 with **Fig. 3.8**.

Li, Fengling et al. (2014). Lower extremity mechanics of jogging in different experienced high-heeled shoe wearers. In the *International Journal of Biomedical Engineering and Technology* 15: 1: 59-68, particularly pages 62-65 with **Figures 3-4**.

Li, Jing Xian & Hong, Youlian (2007). Kinematic and Electromyographic Analysis of the Trunk

and Lower Limbs During Walking in Negative-Heeled Shoes. In the *Journal of the American Podiatric Medical Association* 97: 6: 447-456, particularly page 448.

Jones, Frederic Wood (1949). The Foot in Ontogeny. *Structure and Function as Seen in the Foot*. London: Bailliere, Tindall and Cox, 19-31, especially pages 26-28.

Mann, Roger A. (1982). Biomechanics of Running. Biomechanical Mechanisms of the Lower Limb, in *Symposium on the Foot and Leg in Running Sports* (Mack, Robert P. Ed.). St. Louis: The C.V. Mosby Company 1-29, especially pages 8 with Fig. 1-5, 10-11 with Fig. 1.6B-C, **17-21** and **25**.

McClay, Irene & Manal, Kurt (1997). Coupling Parameters in Runners With Normal and Excessive Pronation. In the *Journal of Applied Biomechanics* 13: 109-124, particularly pages **109-111** & 119.

McClay, Irene & Manal, Kurt (1998). A comparison of three-dimensional lower extremity kinematics during running between excessive pronators and normals. In *Clinical Biomechanics* 13: 3: 195-203, particularly pages **198-199 with Figures 3 & 4** and **202**.

McClay, Irene (2000). The Evolution of the Study of the Mechanics of Running. In the *Journal of the American Podiatric Medical Association* 90: 3: 133-148, especially pages 133, 134 with **Figure 1**, 140 with Figure 7, 141-142 with **Figure 9**, and **143-145**.

Morley, Joanna B. et al. (2010). Effects of Varying Amounts of Pronation on the Mediolateral Ground Reaction Forces During Barefoot Versus Shod Running. In *Journal of Applied Biomechanics* 2: 205-214, particularly pages 205 and **212**.

Mueller, Michael J. et al. (1993). Navicular Drop as a Composite Measure of Excessive Pronation. In the *Journal of the American Podiatric Medical Association* 83: 4: 198-202, particularly page 200 with Table1.

Munoz-Jimenez, M. et al. (2015). Influence of shod/unshod condition and running speed on foot-strike patterns, inversion/eversion, and vertical foot rotation in endurance runners. In *Journal of Sports Sciences* 1-8, particularly page **7**.

Nicola, Terry L. & Jewison, David J. (2012). The Anatomy and Biomechanics of Running. In *Clinical Sports Medicine* 31: 187-201, particularly pages **192-193**.

Nielsen, Rasmus Oestergaard et al. (2014). Foot pronation is not associated with increased injury risk in novice runners wearing a neutral shoe: a 1-year prospective cohort study. In the *British Journal of Sports Medicine* 48: 440-447, especially page **440**.

Nigg, B. M. et al. (1993). Effects of arch height of the foot on angular motion of the lower extremities in running. In the *Journal of Biomechanics* 26: 8: 909-916.

Nigg, Benno M. (1986). Some Comments for Runners. In *Biomechanics of Running Shoes*

(Benno Nigg ed.). Champaign, IL: Human Kinetics. See **page 163** on the huge difference between foot pronation and supination during running in running shoes compared to running barefoot.

Nigg, B. M. (1992). Range of Motion of the Foot as a Function of Age. In *Foot & Ankle* 13: 6: 336-343, particularly page **336**.

Nigg, B. M. et al. (2015). Running shoes and running injuries: mythbusting and a proposal for two new paradigms: 'preferred movement path' and 'comfort filter'. In the *British Journal of Sports Medicine* 0: 1-6, particularly pages **3-4** with **Figure 4** and **5**.

Nyska, Meir & Mann, Gideon (eds.) (2002). *The Unstable Ankle*. Champaign, Illinois: Human Kinetics, 2-26, particularly 13-15.

Phillips, Robert D. (1991). Modification of High-Heeled Shoes to Decrease Pronation During Gait. In the *Journal of the American Podiatric Medical Association* 81: 4: 215-219, particularly pages 216-217 with Figure 1-3.

Reinschmidt, C. et al. (1997). Tibiocalcaneal motion during running, measured with external and bone markers. In *Clinical Biomechanics* 12: 1: 8-16, particularly pages **11-12** with Figures **2-3**.

Riegger-Krugh, Cheryl & Keysor, Julie J. (1996). Skeletal malalignments of the Lower Quarter: Correlated and Compensatory Motions and Postures. In the *Journal of Orthopaedic & Sports Physical Therapy* 23: 2: 164-170, particularly **Tables 1 & 2 on pages 166-168**.

Sole, Christopher Charles et al. (2014). Patterns of mediolateral asymmetry in worn footwear. In *Footwear Science* 6: 3: 177-192, particularly page **177**.

Stergiou, Nicholas & Bates, Barry T. (1997). The relationship between subtalar and knee joint function as a possible mechanism for running injuries. In *Gait & Posture* 6: 177-185, particularly pages **177-178**.

Taunton, J. E. et al. (2002). A retrospective case-control analysis of 2002 running injuries. In the *British Journal of Sports Medicine* 36: 95-101, particularly page 95.

TenBroek, Trampas M. et al. (2014). Midsole Thickness Affects Running Patterns in Habitual Rearfoot Strikers During a Sustained Run. In the *Journal of Applied Biomechanics* 30: 521-528, particularly pages **521-522** and **524** with **Table 2**.

Tencer, Allan F. et al. (2004). Biomechanical Properties of Shoes and Risk of Falls in Older Adults. In the *Journal of the American Geriatric Society* 52: 1840-1846, especially page 1840.

van Gent, R. N. et al. (2007). Incidence and determinants of lower extremity running injuries in long distance runners: a systemic review. In the *British Journal of Sports Medicine* 41: 469-480, particularly page **469**.

Wikipedia-English (11/28-29/15). High-heel footwear. Locomotor effects of shoes.

Wilkinson, Matt. (2016). *Restless Creatures*. New York: Basic Books, particularly pages 24 and 25 with Figure 1-6.

See also **Relevant Foot Research** at Natural Footgear:

http://www.naturalfootgear.com/Relevant_Foot_Research.html

Chapter 3. SHOE HEELS ALSO TILT THE KNEE OUTWARD, ABNORMALLY RESHAPING THE CRITICAL JOINT

1. **Rubin, Gustav (1971). Tibial Rotation. In *Bulletin of Prosthetic Research-Spring 1971*, 95-100, especially pages 96-97. And Inman, Verne. T. (1976). *The Joints of the Ankle*. Baltimore: The Williams & Wilkins Company, particularly pages 35-38 with Figures 9.1-9.3, 39-40, 51-53 with Figure 10.12 and 54-55, as well as 57-66 with Figure 11.14.**

2. Willwacher, Steffen, Irena Goetze, Katina Mira Fischer and Gert-Peter Bruggemann. (2016). The free moment in running and its relation to joint loading and injury risk. In *Footwear Science* Vol. 8, No. 1, 1-11 particularly pages 4-9 and Figures 4-6. Winner of the Nike Award for Athletic Footwear Research, the highest award presented at the XIIth Footwear Biomechanics Symposium in Liverpool, UK 2015.

3. A prime example of external knee **abduction** moment: Anne **Mundermann**, Benno Nigg, Neil Humble, and Darren Stefanyshyn (2003). Foot orthotics affect lower extremity kinematics and kinetics during running. In *Clinical Biomechanics* 18: 254-262, especially pages 254 and **257-8 with Figure 2a-f**.

The results of the Mundermann et al. study are duplicated generally in many other well-accepted peer-reviewed studies, including by other researchers who are recognized as leaders in the field of biomechanics.

Although that assessment is not debatable, it required for me an excessive effort to complete, due to an almost comically confusing lack of consistency in dozens of research studies in defining the critical test results on the knee moment or torque in the frontal plane.

Sub-figure (e) of Figure 2 of the Mundermann study above shows that the knee joint (in the frontal plane) is torqued **in abduction** (forced into a tilted out or bow-legged position called a **varus position**) from touchdown to the midstance. This example is illustrated as an **internal knee abduction moment** in another study by Darren Stefanyshan et al. (among many others) in **FIGURE 3.1D 11A** (the left portion of **FIGURES 3.1 D&E 11A&B**).

More specifically, that study is **Stefanyshyn**, Darren J. et al. (2006) Knee Angular Impulse as a Predictor of Patellofemoral Pain in Runners. In *The American Journal of Sports Medicine* 34: 11: 1844-1851, particularly **Figure 9, page 1850, FIGURE 3.1D11A**. Several other selected study show the same knee abduction examples: **Kerrigan**, D. Casey et al. (2009). The Effect of Running Shoes on Lower Extremity Joint Torques. In *Physical Medicine and Rehabilitation* 1:1058-1063, especially pages **1058-1060 with Figure 1 and 1061-1062**. **Williams**, Dorsey Shelton & Wesley Isom (2012). Decreased Frontal Plane Hip Joint Moments in Runners With Excessive Varus Excursion at the Knee. In the *Journal of Applied Biomechanics* 28: 12–126, particularly pages **120-121, 123-125 and Figures 2-5**. **Johnson**, F. et al. (1980). The Distribution of Load Across the Knee. In the *Journal of Bone and Joint Surgery* 62-B: 3: 346-349, particularly pages **348-9**.

The problem is that a different but equally well-accepted study by **Mundermann** (again, among many others) with similar results defines the same knee joint torque as an **external knee adduction moment**, as shown in **FIGURE 3.1E11B** (the right portion of **FIGURES 3.1D&E11A&B**). But, again, the moment is forcing the knee into a **varus position**.

See for example: **Mundermann**, A., Dyrby, Chris O., and **Andriacchi**, Thomas P. (2008). A comparison of measuring mechanical axis alignment using three-dimensional position capture with skin markers and radiographic measurements in patients with bilateral medial compartment knee osteoarthritis. In *The Knee*. 15:480-485, particularly **Figure 2, page 481, FIGURE 3.1E11B**. See also several other selected examples: **Bates**, Nathaniel A. et al. (2016). Sex-based differences in knee ligament biomechanics during robotically simulated athletic tasks. In the *Journal of Biomechanics* 49: 1429-1436, particularly **Figure 3, page 1434**. **Foroughi**, Nasim et al. (2009). The association of external knee adduction moment with biomechanical variables in osteoarthritis: A systemic review. In *The Knee* 16: 303-309, particularly pages **303-304 and 308**.

So we have the exact same moment forcing the knee into a **varus position** being defined by two different words between which it is almost impossible to distinguish either visually or in pronunciation, but which have exact opposite meanings (“**add**uction” is motion by a body part inward, toward the median axis of the body, and “**ab**duction” is motion outward, away).

The only direct reference to this matched pair of contradictory of definitions that I have found was by Stephen Messier ... & Paul Devita, who clearly stated that both definitions are alternatives that mean the same thing, despite being opposites. See **Messier**, Stephen P. ... & **Devita**, Paul (2008). Risk Factors and Mechanisms of Knee Injury in Runners. In *Medicine & Science in Sports & Medicine* 1873-1879, especially page 1878.

This inconsistency-based confusion is a problem that has continued for many years and which still apparently has not been resolved. When I referred for clarification at last to the latest edition (2014) of a reference that I thought would provide authoritative guidance,

Research Methods in Biomechanics by D. Gordon Robertson et al., what I found there was not very helpful news.

It seems that “there is no standard resolution coordinate system” for the presentation of moment data and four different systems are being used for 3D analysis. And, even worse, “this confusion extends, also, to the international biomechanics societies in which no international standard has been proposed, let alone adopted.” See Robertson, D. Gordon et al. (2014). *Research Methods in Biomechanics* (2nd Edition). Champaign: Human Kinetics, pages 164-167.

It has been suggested to me that the inconsistent use of the two terms evolved unresolved from different usages in the medical community versus biomechanics researchers. The two Mundermann studies above seem to provide confirmation of this analysis.

Just to be perfectly clear and emphatic on the most important point of potential confusion between “**ab**duction” and “**ad**duction” described above, in either example case shown in **FIGURES 3.1 D&E 4A&B** the knee motion that is forced by either moment is sideways to the outside, toward a **varus** or bow-legged position that inherently puts excessive pressure on the medial or inside portion of the knee. Which is a direct and unnatural effect of shoe heels.

3A. **Smillie**, I. S. (1970). *Injuries of the Knee Joint*, page 282. E. & S. Livingstone: Edinburgh and London.

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8. **du Toit**, Guillaume (1955). Internal Derangement of the Knee. In *Instruction Course Lectures* (R. Beverly Raney, ed.). Vol. XII: 9-34, particularly pages **15-17**.
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11. **PBS NOVA** (2014) "Roman Catacomb Mystery" It is important to note here that the proceeding photographic samples in Figures 3.4-3.5 were not cherry-picked from many other possible choices. They are simply the only ones I could find after an extensive search of available studies ranging over the last century and a half. Hopefully this book will prompt field studies conducted at the various locations all over the world where that are many ancient bones potentially available for study by professional anatomists and physical anthropology. The only contrary evidence I found was a drawing (Figure. 25 on page 177) of a Neolithic tibia in John Cameron (1934) *The Skeleton of British Neolithic Man*. London: Williams & Norgate Ltd. It shows elongation of the medial surface of the tibia, but no evidence of rotation.
12. See **Selected Knee Osteoarthritis References** below, after the last Endnote for Chapter 3
13. See for example **Kerrigan**, D. Casey et al. (1998). Women's shoes and knee osteoarthritis. In *The Lancet* 357, April 7, 1097-1098, particularly **both pages**, and **Kerrigan**, D. Casey et al. (1998). Knee osteoarthritis and high-heeled shoes. In *The Lancet* 351, May 9, 1399-1401, particularly pages **1399** and **1401**. Again, see Endnote 13 below.
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Chapter 11. A MAJOR MISALIGNMENT: BOTH FEET AND BOTH LEGS TILTED OUTWARD, ROTATING THE PELVIS BACKWARDS

Chapter 12. SHOE HEELS TYPICALLY MAKE BOYS BOW-LEGGED

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Chapter 16. SHOE HEELS CAUSE THE CROSSOVER OF FEET

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...Because the rearfoot and the knee are mechanically linked by the tibia ..., eversion in the foot normally leads to internal rotation at the knee. However, in our study eversion and abduction at the rearfoot was increased in the injury group but the internal rotation at the knee was not increased.

...The third characteristic identified in subjects with subsequent was an accelerated re-inversion with a more lateral roll-off.

This study shows how the elevated shoe heel-induced mechanism whereby foot supination forces the tibia to rotate externally and that external rotation of the knee is locked in throughout the time the abnormally tilted out leg is forcing an unnaturally excessive degree of pronation and pain in barefoot runners. And, more importantly, how this unnatural shoe heel-induced mechanism is locked into the body structure and function of barefoot runners even without the mechanism causing shoes on. So this study shows that running barefoot does not solve the shoe heel-induced problem, which is baked in over time.

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