


PREMISES

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1. THE SHOES THAT YOU SELECT MUST BE **AS SIMPLE AS POSSIBLE**.
 2. ANY CHANGE IN HABITS MUST BE IMPLEMENTED **VERY GRADUALLY**.
 3. IF THE OBJECTIVE IS PERFORMANCE, **THE SHOES MUST BE AS LIGHT AS POSSIBLE**.



THE FOLLOWING POINTS SHOULD BE CONSIDERED IN PRIORITY

- **The person's age** (*the younger the runner, the more minimalist the shoes should be*)
- **Individual comfort** (*no uncomfortable pressure points*)
- **The shape, length and width of the foot**
- **Previous footwear habits** (*in everyday life and when running*)
- **Running experience**
- **Presence of an injury, its location and time since onset**



THE FOLLOWING POINTS SHOULD NOT BE CONSIDERED

- **The person's weight**
- **Foot type** (*flat, high arch, pronator, supinator*)
- **Running mileage** (*weekly and during preferred events*)



PRESCRIBING SHOES

1. Calculate the recommended minimalist index by checking off each scale (blue lines on the reverse side) corresponding to the runner's profile.
2. Calculate the average of scales scores and select a shoe model with the corresponding minimalist index 310% (see TRC website for more information pertaining to the minimalist index).
3. Suggest various shoe models that fit the corresponding minimalist index so that each runner may find the pair that they prefer and in which they are the most comfortable.
4. Make sure that the selected shoe model does not cause the runner to run differently from when they are barefoot (lateral and posterior view). Such a comparative observation can easily be realized in a 20-meter corridor.
5. Make sure that the selected shoe model is adequate in terms of width and length (the shoe should be 1 centimeter longer than the tip of the toes. Toes should be able to move freely).



ADDITIONAL INFORMATION

Selecting a pair of shoes: <https://therunningclinic.com/en/shoes/>

Understanding the Minimalist Index (MI): <https://therunningclinic.com/en/minimalist-index/>

Learn more: <https://therunningclinic.com/en/professionals/professional-tools/shoes/shoes/>

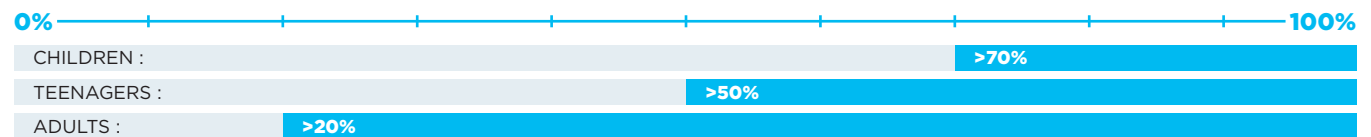


RUNNING SHOE PRESCRIPTION



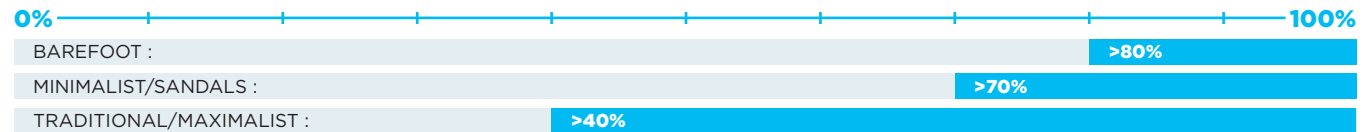
1. AGE OF THE PERSON

A person's age is key in selecting a new shoe model. Children should always wear shoes that do not interfere, or as little as possible, with the body's development; i.e., as minimalist as possible. Adults who were used to more protective, maximalist, shoes at an early age should be more careful when considering changing shoe model.



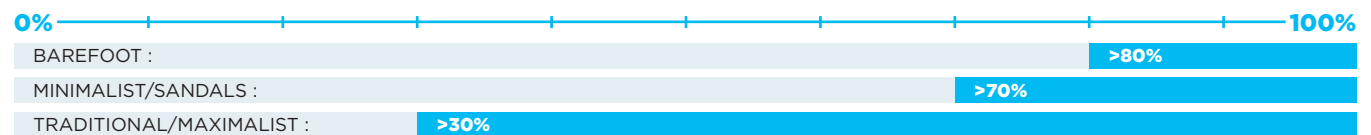
2. SHOE HISTORY DURING GROWTH

Growth is a critical period for the foot's development as well as for the development of protective and efficient biomechanics. The longer a runner has spent running barefoot or using minimalist shoes, the greater the feet's tolerance to mechanical stress.



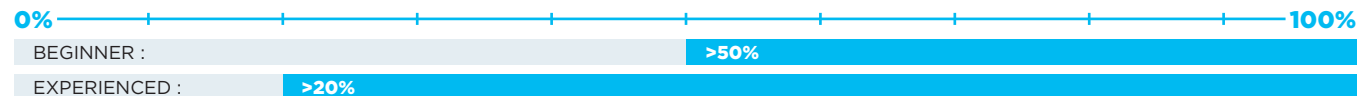
3. DAILY SHOE HISTORY

The more a runner is used to barefoot or minimalist shoes during their daily life, the quicker they can adapt to minimalist shoes for running. The closer the gap between the minimalist index of shoes worn on a daily basis and those used for running, the lower the risk of injury. This is also true when switching to MORE minimalist or MORE maximalist shoes.



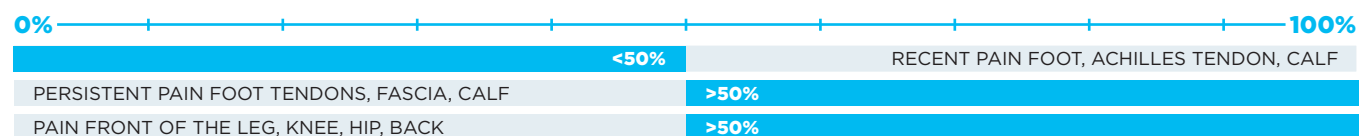
4. PREVIOUS FOOTWEAR HABITS AND RUNNING EXPERIENCE

Switching to new running shoes is likely to increase the risk of injury if made too quickly. This is also true if you opt for a more minimalist or maximalist shoe model for everyday wear. The more ingrained the habits and the higher the number of kilometers ran with a particular shoe model, the harder it will be to adapt. As for beginners, minimalist shoes are recommended right from the start.



5. EXISTING INJURY OR KNOWN WEAKNESS

The shoes you select will greatly influence how you run and the amount of stress applied to the lower limb. Generally speaking, the more maximalist the shoes, the lower the stress on the foot, Achilles tendon and calf. However, the stress exerted on the front of the leg, knee, hip and back will be greater.



AVERAGE

