As opposed to modern maximalist (traditional) running footwear, minimalist shoes are defined as footwear providing minimal interference with the natural movement of the foot due to their high flexibility, low heel to toe drop, weight and stack height, and the absence of motion control and stability devices. * 

The level of minimalism of running shoes can be rated using the Minimalist Index, a continuous scale based on 5 characteristics: **STACK HEIGHT**, **DROP**, **FLEXIBILITY**, **WEIGHT** and **MOTION CONTROL TECHNOLOGIES**.  

* Definition approved by 43 experts from 11 countries as part of a Delphi study (experts consensus)  
  Esculier JF, Dubois B, Leblond J, Roy JS. A consensus definition and rating scale for minimalist shoes. J Foot Ankle Res 2015. 8:42