

# MINIMALIST

## SHOE



### COMFORT

The anatomical last, characterized by a wider shape at the forefoot, is often seen in minimalist shoes. This vital space at the front of the shoe provides sufficient room for the toes to move and expand, thus decreasing the likelihood of developing forefoot deformities.



### FLEXIBILITY

Maximum flexibility (longitudinal and torsional) allows the foot to move as it is meant to



### STACK HEIGHT

The less cushioning and the thinner the shoe sole, the greater the perceptions from the foot, resulting in a more protective and efficient stride.



### WEIGHT

Additional weight at the feet is costly in terms of energy. The lighter the shoes, the more efficiently you will run!



### DROP

Minimizing heel-toe drop facilitates a more natural stride.



### MOTION CONTROL TECHNOLOGY

Avoiding motion control features allows your foot to adapt better to the terrain.

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

