Aiming for a greater Minimalist index is possible in the long term. To do so, the runner must gradually integrate new shoes to ensure appropriate adaptation without generating pain.

When dealing with an acute running injury, mechanical stress quantification should represent the first treatment option.

Footwear can be used as an additional tool to reduce the stress applied to specific body parts.

THE BLUE CLOCK represents the suggested transition time, in months, for an average runner used to wear traditional maximalist footwear (MI=20%). Transition speed can be affected by a number of factors, including age, general fitness and running mechanics, but mostly by footwear habits. It is usually appropriate to consider one month for every 10-20% Minimalist Index change.

Suggested transition time is conservative and can vary from one person to another. For a personalized prescription, it is better to consult a running expert.

Find the Minimalist Index of your shoes on www.TheRunningClinic.com