USE CAUTION WHEN

TRANSITIONING TO MINIMALIST RUNNING SHOES

Top Ten Transition Guidelines

1. Be patient – stick with the program even if you feel like advancing quickly (a sample transition program can be found at www. armymedicine.mil/mrs/index.cfm)
2. Land on your forefoot, not on your heel
3. Run in place to get the feel for forefoot landings
4. Take smaller strides with a faster cadence
5. Land softly - you should not hear your feet/shoes when you run
6. Adopt a good running posture – relax
7. Avoid running two days in a row for the first 4 weeks
8. Strengthen the leg and foot muscles
9. Stop running if you experience pain
10. Stretch the calf, foot, and hamstrings after you run

ARMY MEDICINE
Serving To Heal...Honored To Serve

Army Medicine neither endorses nor opposes the use of MRS.

Myths / Misconceptions

- Running in MRS will decrease my chance of injury
- Running in MRS will make me faster
- Running in MRS might make me more susceptible to overuse injury
- Everyone should run with MRS

Truth

- There is no good scientific research yet to show that running barefoot or in MRS will make you more or less likely to have injuries. There is also no scientific evidence yet that running barefoot or in MRS will make you run faster. We need good research before making any of these claims. Consult your health care provider or physical therapist for more information. www. armymedicine.mil/mrs/index.cfm