



MRS

MINIMALIST RUNNING SHOES

Minimalist Running Shoes are lightweight, low to the ground, and extremely flexible. They have little to no cushioning for the heel and forefoot. Compared to traditional running shoes, they have a minimal slope from the heel to the forefoot. This heel-to-toe drop can range from 10mm in moderate MRS to zero in true MRS. If you plan to wear MRS, keep these general tips in mind.

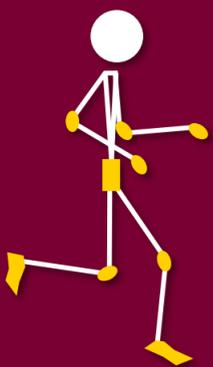


SHOE TIPS

- Not all MRS feel the same. Most shoe stores will let you try them on and run in them before you purchase. Don't get a pair that doesn't feel right to you.
- If you're not sure whether the shoes are MRS or not, ask for assistance.
- Remember that with your new running style you might get hot spots on your feet – be vigilant to avoid blisters

RUNNING TIPS

- Use a gentle, relaxed stride – land towards the front of your foot (not your heel).
- Don't over-stride – you will take a smaller stride when using MRS.
- Let the heel down gently after forefoot landing.
- Land lightly – not heavy. Pay attention to how you are landing throughout the run and make adjustments – especially as you get tired.
- Try running in place and notice how you land on your forefoot – not your heels.
- You might find that you will increase your cadence since your stride is shorter (more steps per minute).
- Leaning slightly forward (don't bend at the waist) will help you to focus on landing on the forefoot.
- A slapping sound when you run is a bad sign. You should not hear your foot as it hits the ground. Run softly!
- If you hear your feet start to scuff along the pavement, stop and re-focus on the landing light forefoot landing.



Forefoot Striking



Heel Striking

Consult your health care provider or physical therapist for more information. www.armymedicine.army.mil/mrs/index.cfm
Army Medicine neither endorses nor opposes the use of MRS.



ARMY MEDICINE
Serving To Heal...Honored To Serve



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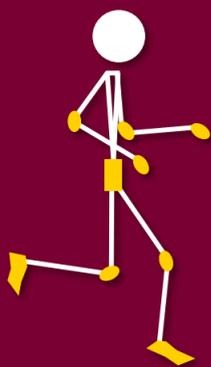


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