EVER WONDER HOW FOOTWEAR AFFECTS FOOT MOTION?

University of Wisconsin – Milwaukee
Neuromechanics Laboratory, END 132

Title: Footwear effects on multi-segment foot model gait kinematics
Principal Investigator: Stephen C. Cobb, Ph.D., LAT
Co-Investigator: Mukta Joshi, MS

Purpose: The purpose of the current study will be to investigate the effect of different footwear on foot motion during walking and running gait.

Participants:

- Male or Female
- Ages 18 to 49
- Must be moderately active (minimum of 30 minutes of moderate exercise 5 days per week or minimum of 20 minutes of vigorous activity 3 days per week)
- Must not have any current injuries or pain in the low back, hips, or legs
- Must not have lower extremity injury in the previous six months
- Must never have had major surgery to the lower extremity
- Female participants must not be pregnant

Protocol (3 visits; ≈ 3.75 hours):

- *Visit 1*: Preliminary procedures and foot structure assessment (≈ 1.5 h)
  - Fill out questionnaires and clinical measurements
  - Foot structure assessment
  - Lower extremity strength assessment
- *Visit 2*: Walking gait analysis (≈ 1 h)
  - Perform walking gait trials during barefoot, flat sandal, and arch support sandal conditions
- *Visit 3*: Running gait analysis (≈ 1 h)
  - Perform running gait trials during barefoot, flat sandal, and arch support sandal conditions

Participant Compensation

- Participants that complete all 3 visits will receive **$45.00 in gift cards**

In case of any questions or to volunteer, please contact:

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This research project has been approved by the University of Wisconsin-Milwaukee Institutional Review Board for the Protection of Human Subjects (IRB Protocol Number 11.081 approved on 03.29.2011)

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