Empirical & Evidence-Based Resources to Support the Use of Correct Toes

Below is a list of journal studies, magazine articles, websites, blogs, books, and other resources that support the notion of the foot’s inherent structural integrity and associated natural and injury-free gait. They additionally illustrate the benefits of being barefoot and/or using minimalist footwear, as well as injuries associated with conventional footwear use. Specific medical conditions, such as bunions, plantar fasciosis(-itis), and knee osteoarthritis are also addressed, exploring non-conventional etiologies and treatment strategies. These resources, along with our clinical and personal experience, provide much of the foundation for our conservative, non-invasive treatment methods.

Studies & Journal Articles

- More medical journal articles are listed here: www.barefooters.org/medicine/
Magazine & Online Articles, Blogs

- “Arch Support” by Ray McClanahan, DPM. Northwest Foot & Ankle.
- “Take Off Your Shoes and Walk” by Simon J. Wikler, DSC.
- “Run Like a Child” by John Douillard, DC. LifeSpa.com, 2011.
- “The Importance of the Big Toe.” Two Rivers Treads.

Books


Websites

- Society for Barefoot Living, www.barefooters.org
- barefootrunner.com

Testimonials

- Correct Toes testimonials

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Correct Toes