

## **Minimalist Footwear: Footwear and Foot Mechanics**

Those who are interested in this study should have been wearing minimalist footwear for 6 months or longer.

If you want to participate in this study, contact us using this link:  
<https://forms.gle/WnRiDCazBMaLHqT56>

For details, please see next page.

# Do you wear minimalist shoes? Help us learn more about them!

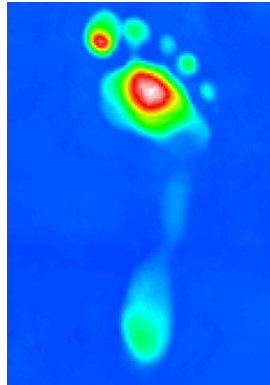
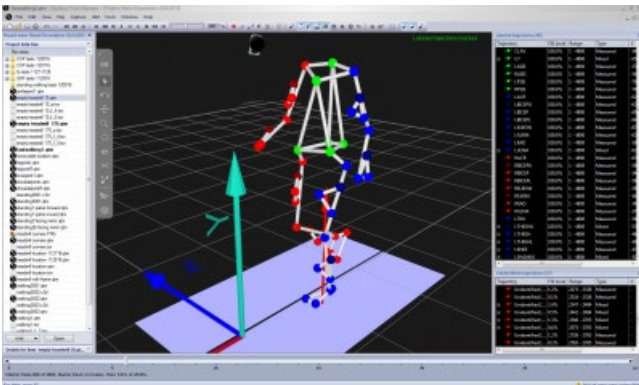


Researchers are interested in understanding how wearing minimalist shoes influences foot development. Participants will answer questions about their footwear and activity habits, then have their walking motion analyzed while wearing minimalist shoes, normal shoes, and no shoes.

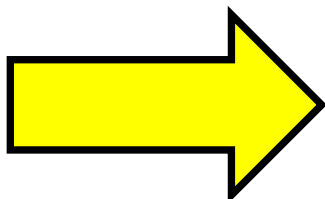
Your involvement will include:

- 1 visit to the musculoskeletal imaging lab on BYU Campus (291 SFH)
- This visit will take approximately 70-90 minutes
- You will be compensated \$20 after completing the session

For more information, or to sign up, contact:  
Dr. Sarah Ridge, [byufootresearch@gmail.com](mailto:byufootresearch@gmail.com)



...or, scan here!



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