

**Subject:** FW: Achieve Olympic feet with barefoot running

### **MY CLIENTS TRANSFORMED BY BARE-FOOT SCIENCE TECHNOLOGY:**

As an Exercise Physiologist, Level III coach & President of my own company, Team Over The Top, I am constantly looking for the best (& safest) ways to improve my clients' performance without injury. Through the use of my barefoot/minimalistic, squat and scoot training techniques and Barefoot Science foot strengthening insoles I can now boast a 100% success record in improving my clients performance with ZERO reported injuries.

The Bare-foot Science system of foot muscle proprioceptive firing was introduced to me by the CEO, Lance Todd, 3 years ago. After trying them myself (a twelve year barefoot veteran) & on 2 of my clients, I was convinced of the system's effectiveness at activating & strengthening 'dead' feet quickly, efficiently & permanently. Not only did Barefoot Science eliminate my seemingly permanent Achilles and piriformis issues but have seen the same consistent resounding results from the hundreds of clients, business customers & family members that have converted to the system. Without exception, every challenge from 'itis' aggravation to muscle cramping/spasms to ankle, knee, hip, back pain, plantar fasciitis are a thing of the past. I see instant almost unbelievable results as soon as my people introduce the proprioceptive feedback insole into their shoes. Some of these people had basically given up hope of ever running/exercising again.

Barefoot Science has provided me with ton's of evidence based science that supports the efficacy of their product but from my perspective, I do not need a plethora of research, scientific collaboration, field tests etc. to convince me of the Bare-foot Science efficacy. The proof is in the practical, grassroots results from my clients.

I recommend to my bare-foot runners & minimalist runners to use the B-S system in their work shoes, minimalist shoes, dress shoes etc. to maximize the benefits & ensure pain-free living. When my clients feet receive proprioceptive feedback with every step they come back to class stronger, more balanced and more physically prepared to move to the next step. If you are considering the switch to barefoot or minimalistic running you need to be on this product! You can follow my weekly updates on both the Barefoot Science success stories and my work with my barefoot clients at <http://naturalrunning.ca/BLOG.html> .

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**From:** Kostas Chatzichristos [kostas.chatz@gmail.com]  
**Sent:** Wednesday, December 08, 2010 5:57 AM  
**To:** Lance Todd  
**Subject:** Re: Greece

Lance,

We use Scott's assessment to evaluate the function of the foot muscles, as well as the alignment of the foot joints. After all the corrections have been made, we prescribe exercises to strengthen the foot and lower leg muscles. We gave some of these athletes Barefoot until we ran out! The results were very promising and the guys loved the insoles.

We had two athletes recovering from patella tendon pain after they have been treated and given Barefoot. On another case, I had an athlete with chronic big toe pain gradually recovering in the course of about two weeks, after going through treatments and wearing Barefoot. Generally, we saw an improved foot function (as shown in manual muscle testing) in the athletes that used Barefoot. We didn't have a single case of plantar fasciitis with all the athletes we work with, both professional and amateur. We also didn't have complaints for Achilles tendon pain, which is quite common at this time of the year.

Most of my athletes are basketball players, both professional and amateur. I work for a professional basketball team here in Greece and I also own a facility where I train individual athletes. I have a few athletes from other sports (soccer, volleyball and windsurfing), but my main focus is basketball.

As for testing equipment, besides all the manual muscle testing that we do, we could arrange to have access to a testing lab and we would be able to perform all the standard performance tests (e.g. vertical jump etc) with select athletes. In the facility, we could use the Jump Mat to measure vertical jump, speed etc.

Also, could you please send the documents again because I didn't see them in your previous email!

Thanks for everything

Kostas

**From: David Lemke [mailto:lemke6@gmail.com]**

**Sent: Sunday, June 24, 2012 6:04 PM**

**To: Lance Todd**

**Subject: Lemke Testimonial 1**

I recently provided the key note presentation\* at a biomechanics conference sponsored by Noraxon, USA ([www.noraxon.com](http://www.noraxon.com)), the world leader in biomechanical and neuromuscular testing technology.

I must confess though, as excited as I was to present, I attended with a hidden agenda. I had put off getting my unstable left knee assessed following a tennis injury in January. I knew I had a serious problem - most likely surgical - because I have seen this kind of thing hundreds of times. But I figured there would be at least a few biomechanics experts in attendance - and I thought at the very least I could save time and money and get assessed - and maybe even get some helpful advice. To accomplish this I would offer myself as a guinea pig during another's presentation.

What I didn't expect was a solution to my problem - and much more. When the Barefoot Science technology presentation started I was on the edge of my seat. The presenter (Lance Todd) introduced the most practical, common sense perspective on the problem of foot proprioception I have seen: his product (Barefoot Science foot strengthening technology) provides a much needed (understatement!) alternative to the prevailing use of bracing technology (orthotics) to solve biomechanical issues rooted in the feet.

Since returning from the event (5 weeks using the technology as of this writing) I have noticed daily improvements in my posture and leg muscle firing patterns (all good!). I notice my feet getting slightly smaller - more compact and fit - and I have control over more detailed toe movement. It's like my feet are not just getting stronger - but smarter. They feel more alive and responsive - even when first hitting the floor in the morning! Though I have never run barefoot (I always thought it was crazy), I am starting to imagine getting into this "paleo" activity in the near future.

In addition to a refreshing new lease on functional life for myself, I realized that so many of my clients (junior and touring professional tennis players, yoga instructors, varsity runners, kids with learning disabilities, etc.) could benefit from this solution.

To sum up, I went from being bummed and pessimistic about my knee issue, and thinking barefoot running was crazy - and absolutely never for me, to looking forward to more time on the tennis court and easing my way into barefoot running. Since the conference I have introduced over thirty of my key clients to the technology. I am recording sEMG patterns to log bioelectric changes from time of introduction.

I look forward to providing updates as the data comes in and the stories unfold!

\*At the conference I used Noraxon surface EMG to demonstrate how muscle fatigue onset follows predictable patterns. I described resulting uncoordinated firing patterns that reduce muscle inventory and impair active shock absorption. I shared how this increases load on passive shock absorption structures (ligaments and bones) which of course predisposes the body to conditions like low back pain, shoulder instability and impingement, hip pain, knee joint pain, and so on. I then briefly demonstrated part of my typical manual therapy treatment and a few helpful exercises.