

**Thinking About Barefoot Shoes?
Read this first.**



Hello Forward Family!

You've probably seen those "barefoot shoes" around—super light, flexible, and with really thin soles. They're made to feel like you're walking or running barefoot, which can sound pretty exciting if you're looking for more freedom in your stride. But are they a good fit for you?

What Are Barefoot Shoes?

Barefoot shoes can wake up muscles that don't get much use in regular shoes. Some people notice better balance, stronger feet, and a more natural way of moving. For walkers and runners, they can feel like a refreshing change.

A Few Things to Keep in Mind

They're not one-size-fits-all. If you already have heel pain, neuromas, or other foot problems, barefoot shoes might make things worse. And even with healthy feet, jumping in too fast can lead to soreness or even injuries like stress fractures—especially on hard sidewalks.



Zero-Drop Running Shoe

0mm Drop



Traditional Running Shoe

10mm Drop or Greater



Dr. Ramos' Tip

If you'd like to give them a try, **start small**—10 to 15 minutes on soft ground, then

switch back to your supportive shoes. It's like training a new muscle—you'll get stronger safely if you build up slowly.

We're Here to Help

Every foot is unique, and what works for one person may not work for another. If you're thinking about barefoot shoes, bring them to your next visit. We'll check your gait, answer your questions, and help you find the safest way to try them.

[Schedule Your Visit Today](#) and let's keep your feet moving forward—comfortably and pain-free.

Livermore, CA | ForwardFeet.com

Call us: (925) 532-0099

MAKE AN APPOINTMENT

Meet our Office Podiatrist



Dr. Zoe Ramos, our expert podiatrist, is dedicated to providing top-notch care for your feet.

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