



GROW WITH EBFA™

September, 2013

Educational newsletter brought to you by the Evidence Based Fitness Academy Inc.

Hello Health & Fitness Professionals!

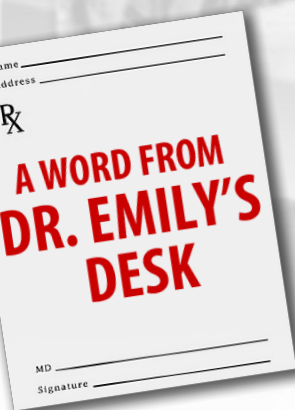
Greetings from Europe!

Welcome to another issue of Grow with EBFA®. EBFA proudly launched our barefoot programming in Europe. With the diversity of cultures and languages attending our educational programming,

EBFA has started a new initiative to offer our educational blog and online courses in different languages. With the collaboration with Smarter Training in Valencia, Spain EBFA will soon offer our education in Spanish!

Want to learn more about this collaboration, please visit <http://steducational.wordpress.com/>.

Dr. Emily



Guest Interview



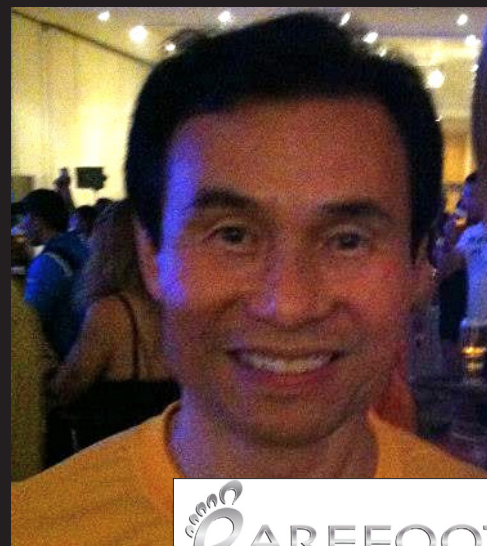
Barefoot Training and Athletic Performance – A Coach's Perspective Part 2

This past July I had the honor of presenting on barefoot science at the 2nd Annual Okanagan Strength & Conditioning Conference in Canada. In addition to being amongst many respected colleagues, I was able to present the concept of barefoot training for athletic performance.

As we explore the many benefits of barefoot science on athletic performance and injury prevention, it is important to get the perspective of those in the trenches. It is important to get - the coach's perspective.

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Featured Barefoot Training Specialist®



Youngchul Park

Seoul, South Korea

1. How has the Barefoot Training Specialist® Program changed the way you look at human movement and corrective exercise?

In the early stages of my bodybuilding competition, I had a car accident and I had to have back surgery which was spondylolisthesis. The doctors had to fuse my lumbar spine 3, 4, & 5 into one. After the surgery, I was suffering from back pain, knee & my feet pain as well and my back has getting lean forward quite seriously.

I had visited the orthopedic surgeon often and the surgeon commented to me that your arches are collapsing and it would be best to use orthotics. So I became a certified Barefoot Training Specialist®.



(continued from page 1)

Since I started the short foot exercise and balance training of BTS, my arches have gotten higher and I have better balance and improved foot strength. I don't have to wear orthotics anymore. Also, playing golf for feet grip force is getting improved a lot which shows better balance & further distance in driving the ball.

2. Overall how have your clients responded to the assessments and programming taught in the Barefoot Training Specialist® Program? Any specific client results you want to share?

My client Steve is 55 years old, CEO of a consulting company, and an amateur golfer. Steve seriously sprained his left ankle and had to wear a cast four weeks. Right after cast off, Steve came to me, for an open & close chain assessment, strength test. It seems that he was wondering what was going on! Programmed 3 times a week, according to BTS programs, 4 weeks later, he runs 5 KM (3.1 miles) with speed of 8km per hour (5 mph). He was quite happy with those results & spread out the news to all of his friends.

3. Would you recommend the Barefoot Training Specialist® Program to your colleagues? Why or why not?

Definitely, I would strongly recommend Barefoot training to everybody due to if the foundation is not stable, matter of energy transfer, balance, feet grip force, power are not produced, further more, for balanced overall postures and influencing to all of joint, it is inevitable to do barefoot training. Since I have changed my feet figure, performance, and overall posture, I have become the Barefoot Training Specialist® evangelist.

I think the information presented during the workshop gives people in the fitness industry a fresh set of eyes through which to see and analyze their clients, understand the way they move, and subsequently tools to maximize their potential. I'm so glad that this information is becoming more readily available and widely known, and I'm excited to keep spreading the word!

(continued from page 1)

I recently had the opportunity to discuss the application of barefoot training in a strength and conditioning setting with two highly respected coaches – Coach Jim Radcliffe and Coach Robert Dos Remedios.

Do you currently integrate barefoot training principles with your athletes?

Coach Radcliffe - Yes on a weekly basis, for 3 reasons - #1 it is the best external feedback mechanism for proper acceleration, change of direction and high speed running mechanics. #2 it fosters better foot & ankle mechanics, therefore [barefoot training] self coaches running form from the hip instead of the knee. And #3 it has become a very useful cool down and recovery tool for us.

Coach Dos - We try to have a day each week where we do some basic movement patterns barefoot on grass or sand. We feel like our athletes are essentially 'casted' with all their shoes, braces, and tape and feel it's beneficial for the support removed to allow more proprioception and development.

How have athletes been embracing minimalist footwear and barefoot training?

Coach Radcliffe - Over time there is less reluctance to training barefoot. Newcomers still want to employ socks but it just isn't allowed. [The athletes] always "feel" faster from just the lightness and the fact that they truly are negotiating the ground more effectively, even though some may not have mastered the better "running from the hip" mechanics.

Coach Dos - We are seeing more and more athletes wearing minimalist shoes. All of them say they feel like their entire lower leg is stronger and more powerful after wearing them.

In your opinion, do you see barefoot training concepts becoming more prevalent in the sports performance and strength & conditioning industry?

Coach Radcliffe - I'm not sure. I would think that a lot of the coaches that have been [integrating] this in our programs would continue it when they move on but sometimes the concepts are lost. We have found it to be a part of the "culture" that we have established over the past 10 – 15 years. One would think we would see it in more systems by now, but not sure why this isn't the case.

Coach Dos - Absolutely. We [train] on a college campus so we are free to do a lot of things. Coach Mark Verstegen actually presented on barefoot training concepts at the Perform Better Summit this year.

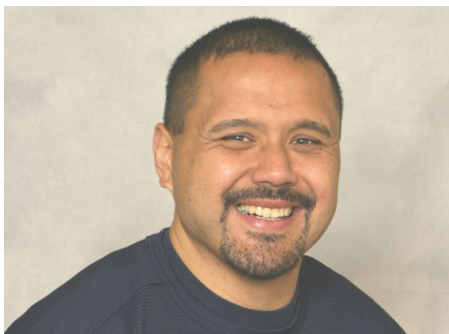
To learn more about the benefits of barefoot training and athletic performance, please check out our upcoming Barefoot Training for Power & Agility workshops on our US & Canada Upcoming Workshops page: <http://evidencebasedfitnessacademy.com/us-canada-workshops.html>

Very special thank you to Coach Radcliffe from the University of Oregon and Coach Dos from the College of Canyons, California.

Jim Radcliffe is the head strength and conditioning coach for the University of Oregon. Coach Radcliffe directs the year-round participation and preparation of Oregon's football, baseball and men's and women's track and field teams.



Robert Dos Remedios has been involved in strength and conditioning for over 23 years. After completing his competitive football career at the University of California, Berkley in 1988, he began training athletes on a full-time basis.



Did you miss A Coach's Perspective Part 1?
Check it out interview with Coach Flo and Coach Torres
on the EBFA Blog.

Featured Facility



Athletes' Performance- Phoenix, AZ

Founded in 1999 by Mark Verstegen as a refuge for professional and elite athletes, Athletes' Performance provides training, nutrition, and physical therapy programs seamlessly integrated under one roof by teams of specialists.

Today, Athletes' Performance is known as the preferred and premiere place for elite athletes to train, as well as a leader in applied research and innovation to advance human performance.

It is with great honor that EBFA introduces our barefoot science programming at Athletes' Performance. Join EBFA for an exciting weekend of barefoot training for corrective exercises, athletic performance and rehab!

Barefoot Training Specialist® Certification

Saturday, November 16th

11am - 5pm

Barefoot Training for Power & Agility

Sunday, November 17th

10am - 1pm

Earn NSCA, NASM, ACE & AFAA cecs

Sign up for both and save \$50!!

Sign up now at www.ebfafitness.com

Featured Article

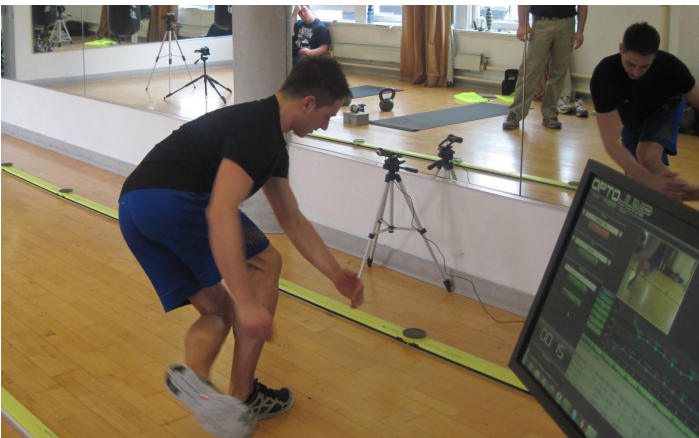
Advancing Fitness through Research: Foot & Ankle Research by EBFA

One of my goals when I initially founded the Evidence-Based Fitness Academy was to hold true to the concept of evidence-based practice by becoming actively involved in research.

EBFA takes great pride in providing educational workshops and programming that is based on the evidence-based concept of “from the ground up”. As the concept of foot-fitness and barefoot science continues to integrate itself into fitness and rehab, EBFA wants to play an active role in advancing this area of research.

Research Study #1

Effect of Myofascial Compression Technique on Contact Time, Power Output and Vertical Jump Height: A Pilot Study



As the foundation to closed chain kinematics, foot and ankle function is often dictated by mobility of the ankle and subtalar joint complex. Previous studies have demonstrated an immediate increase in joint mobility following just five minutes of trigger point release. In the above Pilot Study, we wanted to assess the possible role myofascial compression technique (MCT) to the lower leg musculature had on foot function and power output.

Utilizing a TP Performance Therapy® Foot Baller®, MCT was performed for 5 minutes to the lower leg. After MCT, subjects demonstrated an average of 86% increase in jump height, 65% more consistent power output and a 71% decrease in contact time. Although this was just a Pilot Study, this study suggests the impact of MCT on foot and ankle function, supporting the benefit of MCT before training or athletic activity.

Special thank you to TP Performance Therapy® for their cooperation in the above study.

Research #2

The Effect of Barefoot Neuromuscular Training on Gluteus Medius Activation in Active Females: A Comparative Study

Of the lower extremity joints, the knee sustains the highest percentage of injuries, particularly among physically active individuals. Numerous studies including a 2009 study by Boling et al. have demonstrated that females sustain a higher number of overuse knee injuries compared to males. Reiman et al. cited 51 articles that provide biomechanical evidence that support the concept that proximal hip weakness, namely to the gluteus medius, may contribute to knee injury risk.

Current injury prevention programming primarily focuses on isolated hip strengthening, however Janda et al. has demonstrated that efficient hip stabilization requires initial activation of the deep hip external rotators. Janda et al. further demonstrated that deep hip stabilization can be achieved through plantar foot contraction and activation.

To date, minimal research has focused on the association between barefoot strengthening, hip activation and knee injury risk. Although numerous barefoot-based research studies have been published, a majority of these studies have focused on barefoot running biomechanics, not barefoot neuromuscular activation patterns.

It is the goal of EBFA to expand upon the concepts of Janda et al. and explore the benefit that barefoot stimulation may have on injury prevention. The primary purpose of our study is to evaluate the effects of barefoot neuromuscular

**LEADERS
IN
BAREFOOT
FITNESS**

training on gluteus medius time-to-fatigue, as well as peak muscle activation of the gluteus medius and upper gluteus maximus and the timing of hip activation during a single leg landing task.

Research #3

A Comparison Between the Effects of Intrinsic Foot Strengthening and a Conservative Stretching Protocol on Plantar Fasciitis Pain and Function in the Planus Foot



The incidences of plantar fasciitis in the general population, as well as its presentation to the physical therapist, are both sufficiently large to constantly evaluate our ability to treat this condition. Given the lack of treatment interventions consistently proven to be efficacious, every effort to evaluate the effect of our current treatment options should be undertaken.

The short foot exercise has been advocated by experts, verified for its biomechanical and strengthening benefits, as well as commonly employed by many Podiatrists and physical therapists to treat this condition. We believe it is therefore worthwhile to begin the process of evaluating how effective the exercise may be in helping patients with plantar fasciitis.

Such research will add to the field of physical therapy and rehabilitation, and will support the important role intrinsic foot strengthening has on foot function.



Research #4

The Effect of Toe Spread Sandals on Mild to Moderate Bunion Pain: A Comparative Study

toesox®

A bunion (hallux valgus) is a deformity of the great toe, where the metatarsophalangeal joint protrudes laterally, and the head of the great toe turns inward toward the other toes, sometime crossing over or under the 2nd toe. Although causes of bunion formation may vary, some studies have demonstrated an imbalance between adductor hallucis and abductor hallucis strength as one such factor.

Although little research exists on the prevention of bunion formation through abductor hallucis strengthening, patients have reported decreased bunion pain when in shoes that promote abduction of the hallux. In the above study, we hope to demonstrate the benefit of toe spread sandals on the reduction of mild to moderate bunion pain.

Special thank you to Toesox® for their cooperation in the above study.

Interested in getting involved in research through the Evidence Based Fitness Academy?

Please contact EBFA at education@ebfafitness.com

Foot Fact:



Did you know that our ankle is surrounded by thick bands of fascia tissue called retinacula?

Often thought of as static structures that stabilize the long tendons of the foot & ankle extrinsics, research now demonstrates that these structures are densely packed with nervous tissues playing an important role in proprioceptive feedback and dynamic ankle stability.

Upcoming Workshops

US & Canada

Fri. Sept 20, 2013 1:30pm-5:30pm

Barefoot Rx - Evidence-Based Barefoot Rehab Techniques - NYC, NY

Kinected
151 W. 19th St, 2nd Fl
New York, NY

Sat. Sept 21, 2013 1pm-4pm

Barefoot Training for Power & Agility - NYC, NY

Lucille Roberts
50 East 42nd Street
New York, NY 10017

Fri. Sept 27, 2013 2:45pm-4:15pm

Bells and Bare Feet - Marina del Ray, CA

MINDBODY FitPro
Marriott Hotel
4100 Admiralty Way
Marina Del Rey, CA 90292

Fri. Sept 27, 2013 4:30pm-6pm

The Sixth Sense of Fitness - Rethinking Proprioceptive Training - Marina Del Ray, CA

MINDBODY FitPro
Marriott Hotel
4100 Admiralty Way
Marina Del Rey, CA 90292

Sat. Sept 28, 2013 10am-1pm

Barefoot Training for Power & Agility - Seattle, WA

Elite Performance Center
413 Fairview Ave N
Seattle, WA 98109

Sun. Sept 29, 2013 12pm-3pm

Barefoot Training for Power & Agility - San Mateo, CA

San Mateo Athletic Club
Bldg. 5, 1700 W. Hillsdale Blvd.
San Mateo, California 94402

International

Sat. Sept 7, 2013 9am-5pm

Barefoot Training Specialist® - Sweden

SALT Studio
Hotellvägen 1
Saltsjobaden, Sweden 133 36
wlundqvist@hotmail.com

Sun. Sept 8, 2013 9am-5pm

Barefoot Training Specialist® - Netherlands

Mindful Motion Center
Bezuidenhoutseweg 30
2594AV, Den Haag, Netherlands
www.mindfulmotioncenter.com

Fri. Oct 11, 2013 11:45am-12:45pm

Science of the Single Leg Stance

Asia Fitness Convention 2013
Bangkok, Thailand
www.asia-fitness.com

Fri. Oct. 11, 2013 3pm-4:30pm

Watch that Walk Functional Gait Assessment

Asia Fitness Convention 2013
Bangkok, Thailand
www.asia-fitness.com

Fri. Oct. 11, 2013 5pm-6pm

The Sixth Sense of Fitness Rethinking Proprioceptive Training

Asia Fitness Convention 2013
Bangkok, Thailand
www.asia-fitness.com

Sat. Oct. 12, 2013 4:45pm-6pm

Functional Foot & Ankle

Asia Fitness Convention 2013
Bangkok, Thailand
www.asia-fitness.com

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September Symposium



"A COLLABORATIVE APPROACH TO PREVENTING COMMON SPORTS INJURIES IN THE YOUNG ATHLETE"

Tuesday Sept 17, 2013
5pm-8:30pm

The Neil D. Levin Graduate Institute
116 East 55th Street
New York, New York 10022

PTs and MTs will receive 2.5 contact hours (0.25 CEUs) from New York State.

Register NOW!
<http://triarq.com/#innovation>

EBFA fans use the code 9BFMMSJ for a 20% discount!

Recently Certified

Barefoot Training Specialist®

Suzy Yeagley- Bloomington, IN

Rebecca Anthony - Los Angeles, CA

Karrie McFadden- Mammoth Lakes, CA

Ned Matheson- Denver, CO

Chayarnnee Marnee-in- Singapore

Chan Koh Yong- Singapore

Estelle Goh- Singapore

Vaishnavi Shetty- Bangalore, India

EBFA
EVIDENCE BASED FITNESS ACADEMY

THE FUNCTIONAL FOOT & ANKLE LEVEL 1

ONLINE COURSE

Upcoming Webinar

Primal Rehab for Reflexive Core Stability

Thursday, September 12, 2013 8PM - 9PM EDT

Reserve your Webinar seat now!

Register Here: <https://www3.gotomeeting.com/register/334553542>

Join Stop Chasing Pain's Dr Perry Nickelston as he explores how dysfunctional sequencing of the intrinsic core impacts choreography of movement and contributes to musculoskeletal pain.

Learn the role of the diaphragm, pelvic floor, transverse abdominals, multifidi in IAP stabilization, as well as the integration of the thoracolumbar fascia, internal obliques and deep neck flexors to lumbo pelvic hip complex mechanics.

Understand how to use ground-based neuro-developmental patterns to reset core strength and take the EMERGENCY BRAKE off movement!

Past Archives

Make sure to view all of our past webinars on our Archive

www.youtube.com/ebfafitness

EBFA Barefoot Training Certifications



BARE® is the only barefoot balance training workout that is uniquely designed to improve balance, hip strength and core endurance.

Find out more by visiting
<http://barefootstrong.com>



Fully prepares fitness professionals to better integrate barefoot training and foot fitness into their client's workout and running programming.

For more information visit
<http://evidencebasedfitnessacademy.com/us-canada-workshops.html>



Explore the benefits of barefoot training in the rehab setting.

For more information visit
<http://evidencebasedfitnessacademy.com/us-canada-workshops.html>

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Leaders in Barefoot Fitness