

# Global Physiotherapy Congress

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## Understanding the concept of barefoot exercise science and its application in physical rehabilitation

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The concept of barefoot exercise science is a relatively new field of study that focuses on the benefits of walking and running without shoes. This field of study is based on the idea that the human foot is designed to be a natural shock absorber and that walking and running without shoes can help to improve the health of the feet and the overall body. The concept of barefoot exercise science is based on the idea that the human foot is designed to be a natural shock absorber and that walking and running without shoes can help to improve the health of the feet and the overall body. The concept of barefoot exercise science is based on the idea that the human foot is designed to be a natural shock absorber and that walking and running without shoes can help to improve the health of the feet and the overall body.