

## **Description**

Bipedalism is probably the most extraordinary feature that distinguishes humans from animals. Bipedalism was selected and maintained throughout evolution because it offers numerous advantages. But evolution has a dark side as well as its benefits and human history is littered with evolutionary trade-offs. Each living creature's body is formed by small embellishments to maximize reproduction rather than health, and it is riddled with compromises. Our body is a complex collection of adaptations, each with advantages and disadvantages that may conflict. Due to bipedalism, our feet pay the price for our acquired abilities, such as the development of

that triggers certain reflexes in our brain, which helps in injury prevention. Pricking the soil beneath our feet may help us perceive its shape and heath, as well as send crucial data to our brain. This feedback is prevented by shoes prevent; the ticker the sole is the less data we perceive.

Being barefoot for longer periods of time and wearing minimal shoes can be encouraged beginning from childhood, so that the feet

can develop healthily. As we try to comfort our miserable feet with orthoses, surgery and pills and enclose them in so-called techno-shoes, modern feet will keep concerning medicine for a long time. Many orthopaedic problems can also be avoided by standing up as much as we sit on chairs and squat. From an evolutionary perspective, and with a critical awareness of these devices that the majority accepts as normal, we can choose less damaging shoes and devices.