

GETTING STARTED WITH BAREFOOT SHOES

Love Every Run
**Omega
Project**

BENEFITS OF BAREFOOT TRAINING

- ▶ **Optimal balance and stability**
- ▶ **Proper distribution of forces**
- ▶ **Strengthen natural arches**
- ▶ **Improve foot strength and mobility**
- ▶ **Optimal sensory feedback**
- ▶ **Proper core muscle sequencing**
- ▶ **Improved diaphragm function/breathing**
- ▶ **Cognitive benefits**
- ▶ **Healthy aging**



AM I READY FOR BAREFOOT?

If you can walk around your home barefoot, then YES!

*We recommend a consultation with our barefoot specialists at Omega Project to help you determine if you are ready for the barefoot lifestyle. Certain injuries and deformities can make the transition difficult and even detrimental without the right guidance and exercises.

3 Steps to Start Your Transition

1

**BUILD AWARENESS OF
YOUR FOOT TYPE,
POSTURE, AND MOBILITY**
(video coming soon)

2

**OPTIMIZE FOOT
AND ANKLE MOBILITY**
(program coming soon)

3

**PROGRESS FOOT
STRENGTH AND STABILITY**
(program coming soon)



302-570-7027



customerservice@omegaprojectpt.com



1806 N Van Buren St. Suite 100
Wilmington, DE 19802

PICKING A BAREFOOT SHOE

Anya's Reviews

*ASK US ABOUT TRYING ON
XERO BAREFOOT SHOES!*



Schedule a Consultation

Everyone's feet are different! We highly recommend scheduling a consult with us to help you achieve optimal results, especially if you have pain, bunions, or other structural issues.



Book Online at Omega Project

By scheduling an appointment online, you agree to our 48-hour cancellation policy.

 Jane

BAREFOOT SHOE PROTOCOL

The goal of this program is to enable you to use a barefoot shoe for everyday activities to support natural foot and body function.

Step 1: Wear around the house. If you have been wearing shoes, sandals, or slippers around the house, start with 30 minutes or less. Progress slowly. Before progressing to the next step, you should be pain-free around the house barefoot or in barefoot shoes

Step 2: Short walks, walking the dog, going to the grocery store/quick errands (<30min)

Step 3: Medium walks/hikes, outings, or periods of standing (<1 hour); strength training

Step 4: Wearing them for a day of being up and down intermittently, longer walks/hikes, and longer periods of standing (1-2 hours)

Step 5: Progressing time for walking and standing as you feel comfortable.

SORENESS RULES

Soreness when you start your barefoot activity that continues

Take two days off and drop down one step

Soreness when you start your barefoot activity that goes away as you continue

Stay at the same step

Soreness during your barefoot activity that goes away but comes back as you continue

Take two days off and drop down one step

Soreness the day after your barefoot activity

Take one day off and stay at the same step

No soreness

Advance no more than one step per week, but take as much time as needed at each step



302-570-7027



customerservice@omegaprojectpt.com



1806 N Van Buren St. Suite 100
Wilmington, DE 19802