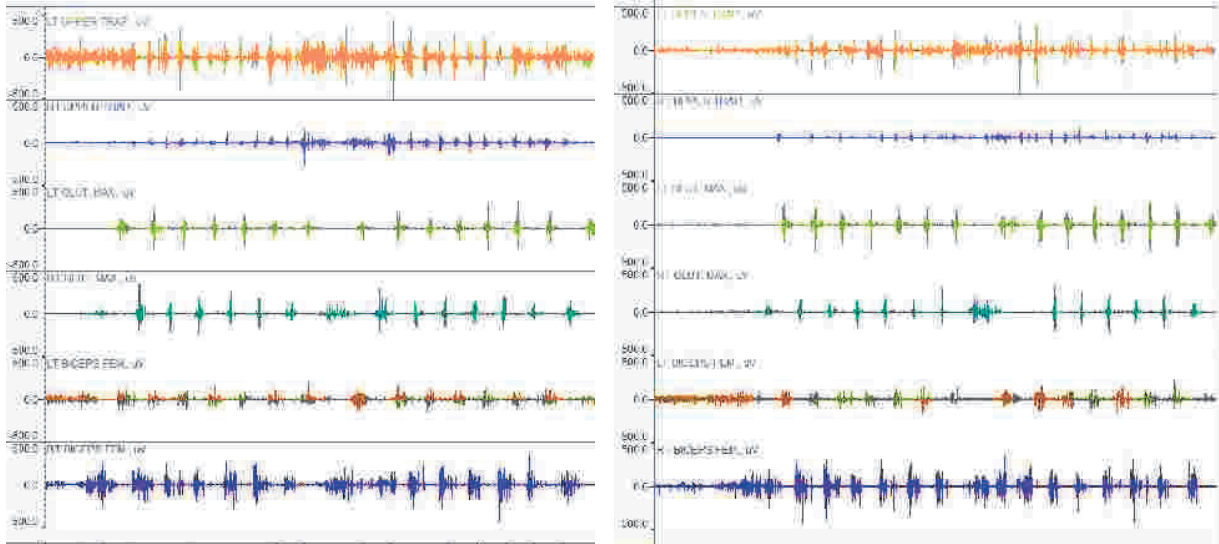
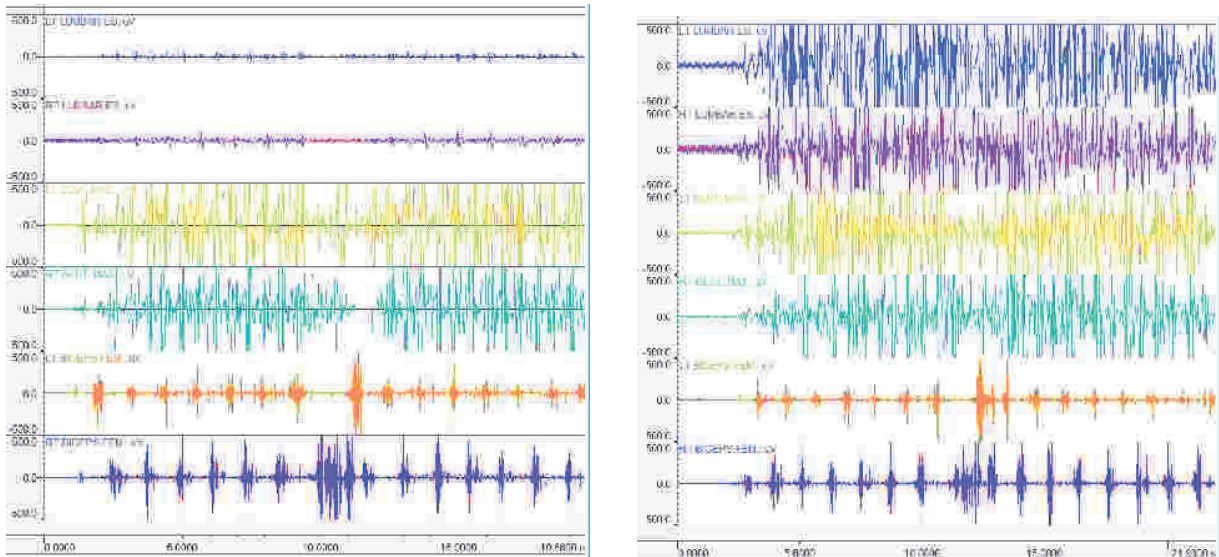


CASE 3: 19 y/o female college track athlete (800/1500M) experiencing decreased performance and overall training fatigue.



Figures above (bottom up) show hamstring, gluteal and upper trapezius muscle activity. At left is walking without Barefoot Science insoles; at right is with Barefoot Science insoles. Notice decreased upper trapezius activity especially on the left concurrent with more symmetrical hamstring and gluteal activity. Interesting note: One of this athlete's complaints was chronic left side neck/shoulder tightness.

CASE 4: 34 y/o male diabetic with history of peripheral neuropathy, severe abdominal pain and low activity level



Figures above (bottom up) show hamstring, gluteal and lumbar paraspinal activity. At left is walking with Barefoot Science insoles and at right is with Barefoot Science insoles. Notice the dramatic increase in paraspinal activity concurrent with slight increase in gluteal activity. Also note improved resting tone between hamstring contractions.