
Preface

The first edition of *Athletic Footwear and Orthoses in Sports Medicine* filled a much-needed void as the original comprehensive, evidence-based resource on athletic footwear and orthoses for the entire sports medicine team. The importance of filling this void has been reflected by the overwhelming success in the first edition's large distribution of print copies, but more so by it reaching the top 25% of most downloaded e-books in the Springer e-Book Collection, Springer being one of the largest publishers of medical books in the world.

The intent of this second edition of *Athletic Footwear and Orthoses in Sports Medicine* is to take the first edition to the next level with an updated contemporaneous, practical book for sports medicine professionals from all backgrounds and training, including physicians (MD, DO, DPM, DC); athletic trainers (ATC); physical therapists (PT, DPT); researchers (MA, PhD); massage therapists (LMT); and members of the Running Industry Association (RIA- formerly the Independent Running Retailers Association, or IRRA), and all others involved in the care of athletes. The content of this book will help optimize the care and performance of the athlete.

We were originally approached to edit this text as a result of the overwhelming interest stimulated on this topic through extensive lectures and workshops, which have been presented at the American College of Sports Medicine (ACSM) regional and national meetings, as well as workshops and meetings presented by the American Academy of Podiatric Sports Medicine (AAPSM). This text should serve as a resource to continue to educate sports professionals to make an informed, evidence-based decision on recommending and prescribing athletic footwear and orthoses, as well as to provide insight to appropriate referral to a specialist.

The approach to this second edition has been to continue to include as much evidence-based medicine as available, and contributors have referenced the most current studies and literature. The science and research is available that clearly documents the efficacy of functional foot orthoses in the treatment of lower extremity biomechanical pathology. The use of proper athletic footwear and orthoses has been shown to optimize an athlete's performance, as well as to help limit the risk of certain injuries.

Many of the first edition chapters have been updated with fresh content and current resources, such as Dr. Kirby's chapter, "Evolution of Foot Orthoses in Sports," which has added 52 new references (from 93 to 145 references) and an additional 1329 words (from 4262 to 5593 words). This new chapter is contemporaneous and

certainly represents one of the most comprehensive analyses of the history, research, and theory behind foot orthoses that exists within the scientific literature to date.

The first edition chapter “Prescribing Athletic Footwear and Orthoses: The Game Plan” has been significantly updated and renamed “Insights on Prescribing Athletic Footwear and Orthoses: The Game Plan” and is a must-read. This updated chapter incorporates many of the other individual topics from this book into a succinct protocol on formulating an appropriate athletic shoe recommendation. Additionally, many current references and new insights on the direction of the athletic shoe industry are discussed.

New chapters have been added to expand areas, which were limited in the first edition, including “Clinical Gait Analysis for the Athlete”; “Golf”; “Tennis”; and “Nordic Skiing.” Also, a new extensive “Cycling” chapter has been added, which provides a comprehensive discussion on different types of cycling, equipment, and shoe gear for lower extremity injury prevention.

An entirely new part titled, “Running Footwear,” has been added in response to the explosion of new running shoe technologies and concepts. New chapters in this part include “Barefoot, Minimalist, Maximalist, and Performance”; “Footwear and Cross-training”; and “Racing Track and Cross-country.” The “Barefoot, Minimalist, Maximalist, and Performance” chapter has some of the most significant and inclusive content ever published on this evolving topic, and it includes an exhaustive review and inclusion of contemporaneous research and literature.

We are also excited to reach out to the members of the Running Industry Association (formerly the Independent Running Retailer Association, or IRRA), specialty retailers who are on the frontline of fitting and dispensing athletic footwear, and who are integral in the comprehensive care of the athlete. The new chapter “Specialty Running Stores and the Sports Medicine Professional: A Natural Partnership” aims to continue to foster the win-win-win relationship between the sports medicine professional, running retail specialist, and athlete. Developing a good working relationship with a local running retailer is critical for the sports professional, and chapter contributor Rich Wills—owner of a “Top 50 Best Running Store in America” and former IRRA Board member—does an excellent job of presenting the importance of bridging the gap from the doctor’s examination room to the specialty-retail running shoe wall.

Another important new part has been created, “Special Populations and Athletic Footwear.” In addition to including an updated “Special Olympics” chapter by Patrick Nunan, DPM, we welcome the addition of a new chapter titled, “Pediatric Footwear,” written by Mark Cucuzzella, MD. Dr. Cucuzzella discusses and addresses many of the questions that often perplex parents, coaches, and sports medicine professionals regarding children and footwear recommendations.

The American Academy of Podiatric Sports Medicine (AAPSM) continues to be represented prominently throughout this text and has provided the majority of chapter contributors through its members, fellows, and past presidents. Since its inception in the early 1970s, AAPSM and founding members Drs. Robert Barnes, Richard Gilbert, John Pagliano, and Steven Subotnick have been and continue to be a reliable and unbiased source for current athletic footwear information and education.

Please visit the Academy's website, www.AAPSM.org, for the most up-to-date athletic footwear information and resources.

We hope that this updated second edition text will continue to be a valuable, reliable, and practical resource on athletic footwear and orthoses in sports medicine for the entire sports medicine team.

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