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Effects of unstable footwear on gait characteristic: A systematic review

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Highlights

- A review of the biomechanical effects of Unstable shoe to make decision for good clinical practice.
- A discussion on most confounding factors in biomechanical effects of shoes.
- Recommendations based on our review in directing future homogenous studies.

Abstract

Background: In the recent years several designs of unstable footwear have been developed in the forms of shoes, sandals and boots. There are marketing claims related to the positive effects of these shoes on the training of lower limb muscles and improving gait. Many studies have been performed on the effects of unstable footwear on muscle activity, balance, posture,