

Heel Lift



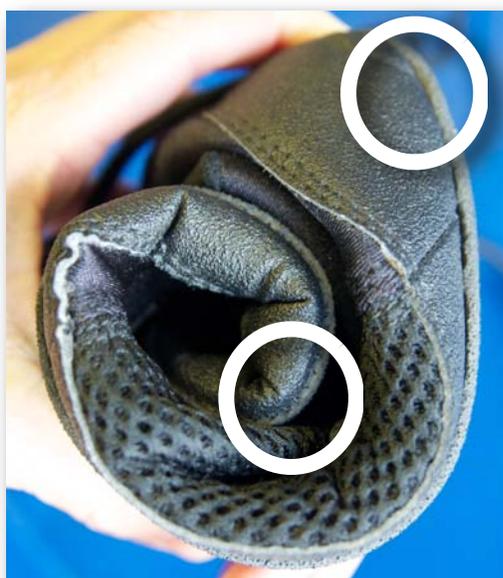
Even the **Nike Free (5.0)** has a standard amount of heel lift compared to many minimalist shoes that only have 0-4 mm.

*Remember that ANY heel at all removes at least some degree of Achilles Heel function!



The **New Balance Trail Minimus** is much closer to “neutral” foot-to-ankle because the heel height is much lower than a traditional shoe.

“Heel Drop” is the difference between heel height and toe height. The NB has a 4mm drop compared to traditional shoes that can have up to 7-12 mm drop.



Only a shoe similar to a moccasin like the **FeelMax** on left will allow for total “neutral” foot-to-ankle. This is about as close as you can get to barefoot with a shoe. There is no difference between height of toe or heel areas.