

S. J. Dixon. *Use of pressure insoles to compare in-shoe loading for modern running shoes.* S. 1503–1514.

Abstract: The primary objective of this paper was to compare in-shoe loading for different models of running shoe using measurements of force distribution. It was hypothesised that a shoe designed with minimal focus on cushioning would demonstrate significantly higher peak forces and rates of loading than running shoes designed with cushioning midsoles. Loading was compared using in-shoe peak forces for six footwear conditions. It was found that peak rate of loading at the heel provided clear distinctions between shoes. In support of the study hypothesis, the shoe with minimal focus on cushioning had a significantly higher rate of loading than all but one of the other test shoes. Data collected for midfoot and forefoot areas of the foot highlighted the importance of considering loading across the foot surface. The results of the present study demonstrate that pressure insoles provide a useful tool for the assessment of loading across the foot plantar surface for different footwear conditions. There are numerous models of running shoe for individuals to select from, with limited information available regarding the performance of the shoes during running. The current study demonstrates differences in loads across the foot plantar surface during running, indicating differences in performance for different footwear models.

- **Keywords:** force; loading rate; midsole; impact; cushioning

Jeffrey M. Schiffman; Karen N. Gregorczyk; Carolyn K. Bensel; Leif Hasselquist; John P. Obusek. *The effects of a lower body exoskeleton load carriage assistive device on limits of stability and postural sway.* S. 1515–1529.

Abstract: The study investigated the effects of using a lower body prototype exoskeleton (EXO) on static limits of stability and postural sway. Measurements were taken with participants, 10 US Army enlisted men, standing on a force platform. The men were tested with and without the EXO (15 kg) while carrying military loads of 20, 40 and 55 kg. Body lean to the left and right was significantly less and postural sway excursions and maximal range of movement were significantly reduced when the EXO was used. Hurst values indicated that body sway was less random over short-term time intervals and more random over long-term intervals with the EXO than without it. Feedback to the user's balance control mechanisms most likely was changed with the EXO. The reduced sway and relatively small changes in sway with increasing load weights suggest that the EXO structure may have functioned to provide a bracing effect on the body.

- **Keywords:** stabilogram diffusion analysis; balance; random motion; load carriage