∆ Ankle and Foot Biomechanics

∆ Footwear Properties

c

b

d

∆ (Energy from) Spring-mass characteristics

∆ Running Economy

a

**The total effect of a change in footwear on RE is the sum of two pathways. Pathway (a) is the direct effect. The mediated effect is pathway (b) + pathway (c). The change in RE resulting from changes in spring-mass characteristics are proportional to changes in RE (pathway d).**