

Title (en)

SHOE WITH A SUSPENDED HEEL AND METHOD FOR FACILITATING ADAPTATION TO THE NATURAL SUSPENDED HEEL RUNNING TECHNIQUE

Title (de)

SCHUH MIT GEFEDERTEM ABSATZ UND VERFAHREN ZUM ERLEICHTERN DER ANPASSUNG AN EINE NATÜRLICHE LAUFTECHNIK MIT DEM GEFEDERTEN ABSATZ

Title (fr)

CHAUSSURE DE SPORT À TALON SUSPENDU ET PROCÉDÉ FACILITANT L'ADAPTATION À LA TECHNIQUE DE COURSE NATURELLE À TALON SUSPENDU

Publication

EP 3061361 A4 20171101 (EN)

Application

EP 14855349 A 20141021

Priority

- ES 201300903 U 20131022
- ES 201300979 U 20131107
- ES 2014070792 W 20141021

Abstract (en)

[origin: EP3061361A1] The invention relates to a shoe with a suspended heel, characterized in that the sole lacks the hindfoot part (7), comprising only the sole and the midsole in the forefoot region (5) and the midfoot region (6). The shoe can also lack the midsole in the midfoot region (6) and only have the sole of the forefoot (5) so that the foot is only supported on that part (5), the midfoot and the hindfoot being raised. Any person using the shoe with a suspended heel and using the method of the invention consisting of the stages of familiarization, integration, progression, adaptation and consolidation allows adaptation to the natural suspended heel running technique by means of support only in the front and/or middle part, and can also use the elastic energy stored in the non-contractile parts of the extensor musculature of the ankle.

IPC 8 full level

A43B 13/14 (2006.01); **A43B 13/16** (2006.01); **A43B 13/18** (2006.01)

CPC (source: EP)

A43B 13/145 (2013.01); **A43B 13/16** (2013.01); **A43B 13/184** (2013.01)

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Designated contracting state (EPC)

AL AT BE BG CH CY CZ DE DK EE ES FI FR GB GR HR HU IE IS IT LI LT LU LV MC MK MT NL NO PL PT RO RS SE SI SK SM TR

DOCDB simple family (publication)

EP 3061361 A1 20160831; **EP 3061361 A4 20171101**; WO 2015059332 A1 20150430

DOCDB simple family (application)

EP 14855349 A 20141021; ES 2014070792 W 20141021