

Publication

Effects of a new unstable sandal construction on measures of postural control and muscle activity in women

JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)

ID 1193838

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Year 2011

Title Effects of a new unstable sandal construction on measures of postural control and muscle activity in women

Journal Swiss medical weekly

Volume 141

Pages / Article-Number w13182

Keywords balance, standing, walking, electromyography

It is well established that unstable shoe constructions with rounded soles have the potential to induce acute and long-term effects on muscle activity during standing and walking. However, it is unresolved whether functional footwear with regularly shaped soles may have similar effects.

Publisher EMH

ISSN/ISBN 1424-7860

edoc-URL <http://edoc.unibas.ch/dok/A6004076>

Full Text on edoc No;

Digital Object Identifier DOI 10.4414/smw.2011.13182

PubMed ID <http://www.ncbi.nlm.nih.gov/pubmed/21491214>

ISI-Number WOS:000289908400002

Document type (ISI) Journal Article