1. **Incorrectly fitted footwear, foot pain and foot disorders: a systematic search and narrative review of the literature**

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6064070/
"88% of [women] were wearing footwear that was narrower than their foot"

2. **Walking in Minimalist Shoes Is Effective for Strengthening Foot Muscles**

https://journals.lww.com/acsm-msse/Fulltext/2019/01000/Walking_in_Minimalist_Shoes_Is_Effective_for.14.aspx
"Minimalist shoe walking is as effective as foot strengthening exercises in increasing foot muscle size and strength. The convenience of changing footwear rather than performing specific exercises may result in greater compliance."

3. **Effects of wearing shoes on the feet: a comparative study of the feet of middle-aged partially shod and regularly shod Maasai women**

https://journals.sagepub.com/doi/10.1177/2473011417S000382?icid=int.sj-abstract.similar-articles.6
"hallux valgus angle [was] greater in the [regularly shod] Maasai group"… "regularly wearing shoes can…cause hallux valgus deformity"

4. **From barefoot hunter gathering to shod pavement pounding. Where to from here? A narrative review**

https://bmjopensem.bmj.com/content/6/1/e000577.full
"we believe there are a number of compelling arguments for the inclusion of barefoot or minimalist training in a runner's programme, towards the aim of injury prevention"

5. **Increased hallux angle in children and its association with insufficient length of footwear: A community based cross-sectional study**

https://www.researchgate.net/figure/Fit-classification-of-shoes_tbl1_40692792
- almost 90% of children were found to be wearing shoes that were too small, and the smaller the shoes relative to their foot, the greater the chances for hallux valgus:
"the risk for a hallux valgus angle of ≥ 4 degrees is 17% higher than the background risk if indoor shoes are 1 size too short (1 EU size: 6.67 mm). This risk increases to 37% if shoes are 2 sizes too short, and to 61% for shoes 3 sizes too short."

6. **Health problems associated with women's fashionable shoes, 1870 - 1930**

https://dr.lib.iastate.edu/server/api/core/bitstreams/d221b3c2-4343-45b8-a9b2-904b0dea8315/content

7. **What to do about bunions**

https://www.health.harvard.edu/diseases-and-conditions/what-to-do-about-bunions
"A bunion is most likely to develop when susceptible feet are repeatedly squeezed into narrow, pointed-toe footwear."

8. **Bunion: Strengthening Foot Muscles to Reduce Pain and Improve Mobility**

https://www.jospt.org/doi/epdf/10.2519/jospt.2016.0504

“More than 64 million Americans have bunions that can lead to painful walking. Bunions affect some 35% of women over the age of 65.”

9. **Ticking Time Bomb: Children’s Shoes Cause Health Problems Later in Life for Adults**

https://philmaffetone.com/kids-shoes/?fbclid=IwAR1prpLItWpxucx3JRepsZsXfEkpCMhoi7TqfE5NH4tjjMPuz5TwDi1onMI

“Optimum foot development occurs in the barefoot environment”

10. **Big Toe Alignment and Arch Support Tensegrity**

https://www.youtube.com/watch?v=p8ttNMNAX5k

(visual model demonstrating how toe spring, wedged heel, and toe taper cause weak arches)

11. **Pathomechanics, Gait Deviations and Treatment of the Rheumatoid Foot**

https://www.yumpu.com/en/document/read/11651789/pathomechanics-gait-deviations-and-treatment-physical-therapy

hallux valgus changes to the way you walk “this position causes an overstretch of the medial ligaments and tendons and a shortening of the lateral structures” (page 1153)

12. **THE POSITION OF THE HALLUX IN WEST AFRICANS**

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1244763/pdf/janat00461-0102.pdf

“The distribution of the hallux angle in the [unshod] Nigerians of both sexes is around a mean of approximately zero, which differs by a statistically significant amount from the mean values for European males and females which are +6.90 and +11.00 respectively”

“The mean hallux angle is not significantly different as between the two age groups of Nigerians examined”

13. **Incidence of Hallux Valgus in a Partially Shoe-wearing Community** [St. Helena]

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2167058/pdf/brmedj02400-0040.pdf

“The natural history of the unshod foot was studied on the island of St. Helena, where half the islanders have gradually adopted shoe-wearing over the past few decades. Hallux valgus was found in under 2% of the unshod and in 16% of the men and 48% of the women who had worn shoes for more than 60 years.”

14. **Hallux valgus in a historical French population: paleopathological study of 605 first metatarsal bones**

https://pubmed.ncbi.nlm.nih.gov/17350309/

“The increase in the prevalence of hallux valgus over time suggests an influence of changes in footwear. The heeled shoes and boots made of stiff leather that men wore in premodern times probably promoted the development of hallux valgus. However, the prevalence of hallux valgus in women in western industrialized countries today is even higher than that in our historical

population of older premodern individuals, suggesting an extremely deleterious effect of contemporary female footwear."

15. **Incorrectly fitted footwear, foot pain and foot disorders: a systematic search and narrative review of the literature**

16. **Paleopathological study of hallux valgus**

https://pubmed.ncbi.nlm.nih.gov/15386287/
"Hallux valgus is the abnormal lateral deviation of the great toe. The principal cause is biomechanical, specifically the habitual use of footwear which constricts the toes."

17. **Fancy shoes and painful feet: Hallux valgus and fracture risk in medieval Cambridge, England**

https://www.sciencedirect.com/science/article/pii/S1879981721000280
"The increased prevalence of hallux valgus identified in individuals from the 14th to 15th centuries coincided with the adoption of new footwear with pointed toes. Those that adopted this fashion trend appear to have been more likely to develop balance and mobility problems that resulted in an increased risk of falls."

18. **MORPHOLOGICAL AND FUNCTIONAL CHANGES OF FEET AND TOES OF JAPANESE FORESTRY WORKERS**

https://www.jstage.jst.go.jp/article/jhe1972/3/1/3_1_87/_pdf
"the forestry workers habitually wearing field footwears with a separation between the great and outer toes have relatively flat and broad feet."

19. **The effects of habitual footwear use: foot shape and function in native barefoot walkers**

https://www.tandfonline.com/doi/abs/10.1080/19424280903386411
"footwear that fails to respect natural foot shape and function will ultimately alter the morphology and the biomechanical behaviour of the foot."

20. **The Quality of Footwear Fit: What we know, don't know and should know**

https://www.researchgate.net/publication/228595054_The_Quality_of_Footwear_Fit_What_we_know_don%27t_know_and_should_know
"Mismatched flare between the shoes we wear and our feet is a primary factor for discomfort in the ball area and in the formation of bunions."

21. **A Shoe That Will Not Pinch - A Short Study In The Hygiene Of The Feet** [page 193-216]

https://books.google.com/books?id=FHM3AQAAMAAJ