

GENERAL
NIGHT
MORNING
DAY
EVENING
HOME

IDEAL VISION & FURTHER DEVELOPMENT

P R I N T
USE OF LEATHER
P H O T O S

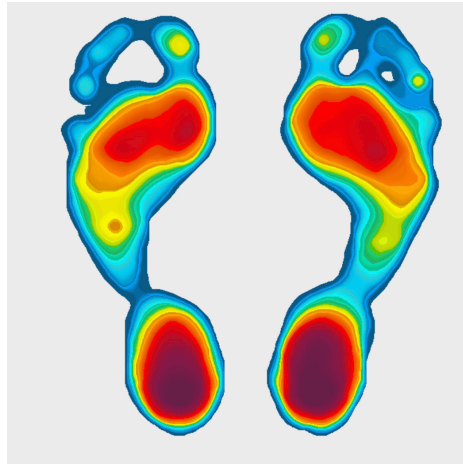
RESEARCH
RESTORE
RISE
PULSE
POISE
GROUND

GENERAL RESEARCH

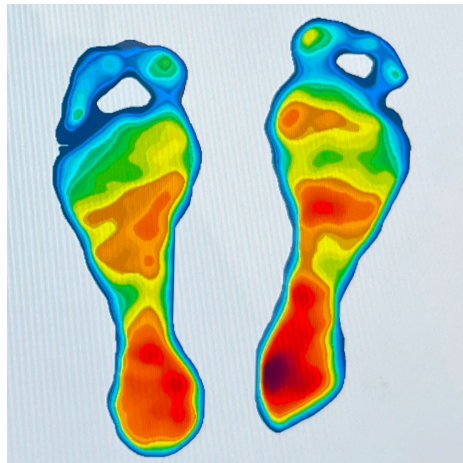
We often take pain-free walking for granted, yet nearly 60% of Dutch adults experience or will experience foot problems. This is due to a combination of poorly fitting shoes, fashion-driven choices, and a general lack of attention to foot health, which leads many people to develop complaints. Even as a young adult without any foot or overall bodily issues, I can already improve my posture and stance with the aid of small tools (as illustrated in the images on the right: A without assistance, B with minor aids).

I personally train my body almost daily to maintain and improve its function, including through nutrition to ensure it receives sufficient fuel to operate optimally. Yet, despite this attention, the health of my feet remains somewhat neglected, even though they form the foundation of the body. This may be due to limited knowledge, as well as the fact that foot care is often perceived as unappealing. Existing tools designed to train the feet often have a clinical or medical appearance, which discourages their use among those who do not yet experience foot problems. Such tools typically only come into consideration once symptoms have already manifested.

In my research, I also examined various trends related to walking, such as Tabi shoes, FiveFingers, barefoot approaches, and others. This investigation led to the development of a five-part collection that presents an ideal vision of how we might move throughout the day to prevent discomfort and other issues. For this purpose, I introduce: Night Restore, Morning Rise, Day Pulse, Evening Poise, and Home Ground



A



B

With and without arch
support







Straight last shoes





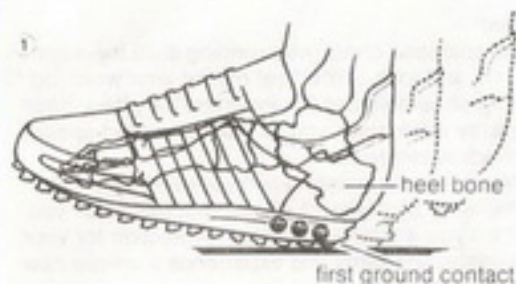
Geta & Ippon-ba-geta



The adidas Vario shock-absorption system

Why is shock absorption so important in the heel area?

When you are jogging you always touch the ground first with your heel (illustration 1). In many other sports (tennis, bowling...) decelerating and skidding movements take place in the heel area. The foot is decelerated within a very short distance and time to almost zero. The necessarily high braking forces depend on the speed and weight of the runner, the kind of surface and the shock absorption qualities of the foot and shoe. The vertical forces at a jogging pace reach more than twice your body weight which is repeated several thousand times during a run. Unfortunately the heel bone consists out of a single, compact piece. It is not as elastic as the other bones of the foot which form a shock absorbing arch. Therefore the construction of the sole, especially in the heel area, has to provide good shock absorption in order to avoid overload injuries.



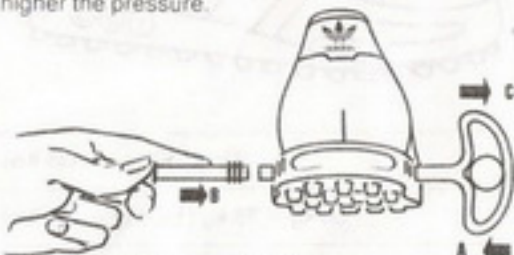
Why does one need a "vario-system" in addition to the shock absorbing wedge?

As described above, the site and distribution of the originating forces (illustration 2) depend on body weight, surface and running style, since especially the point of main heel contact differs widely among runners. To comply with these manifold demands, the adidas research department developed the so-called "vario-shock-absorption-system" with three kinds of pins with different densities. Now for the first time, you can change the degree of shock absorption over a widespread heel area according to your individual needs (weight, running style, surface) by varying the positions and densities of the pins.

2



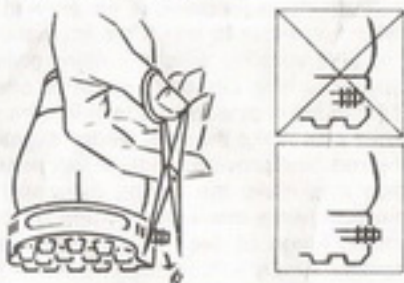
A three-dimensional map of pressure underneath the shoe. The higher the "mountain" the higher the pressure.



Insertion and removal of pins

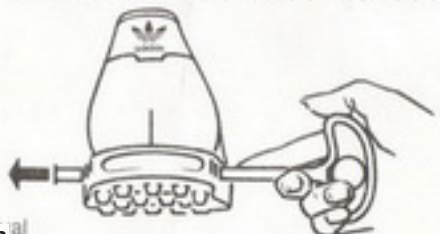
Insertion

Push the key through the hole (A) by turning it. Screw the pin into the key (B). Withdraw the key leaving the pin in position (C).



Attention:

For technical reasons pins are available in one length only. For smaller shoe sizes the pins should be trimmed to correct length with a pair of scissors. Each pin should protrude just a little way out of the sole so that it remains in place while running – one of the small discs has to still be visible (b).



The pins can be taken out of the sole by pushing the key back into the hole.

Adidas vario shock absorption system

At last! The shoe that fits more than your foot.



Breathing nylon mesh uppers with velour leather reinforcement, and ankle and heel padding.



Shock absorbing rubber sole with slanted multi-studs.

A 150 pound man who

runs on the road

should not buy the same pair of shoes as a 200 pound man who runs in the park, right? Wrong. Wrong, that is, if they both buy adidas' new Los Angeles Trainer. The adidas Los Angeles Trainer comes with a set of adjustable shock-absorbing rods which allow a runner to fine tune his shoes according to his weight and the surface he runs on.

Remarkable, you say?

No, just adidas.

adidas Los Angeles Trainer.

adidas® 

We've got a feeling for winning.





NIKE-AIR IS NOT A SHOE.





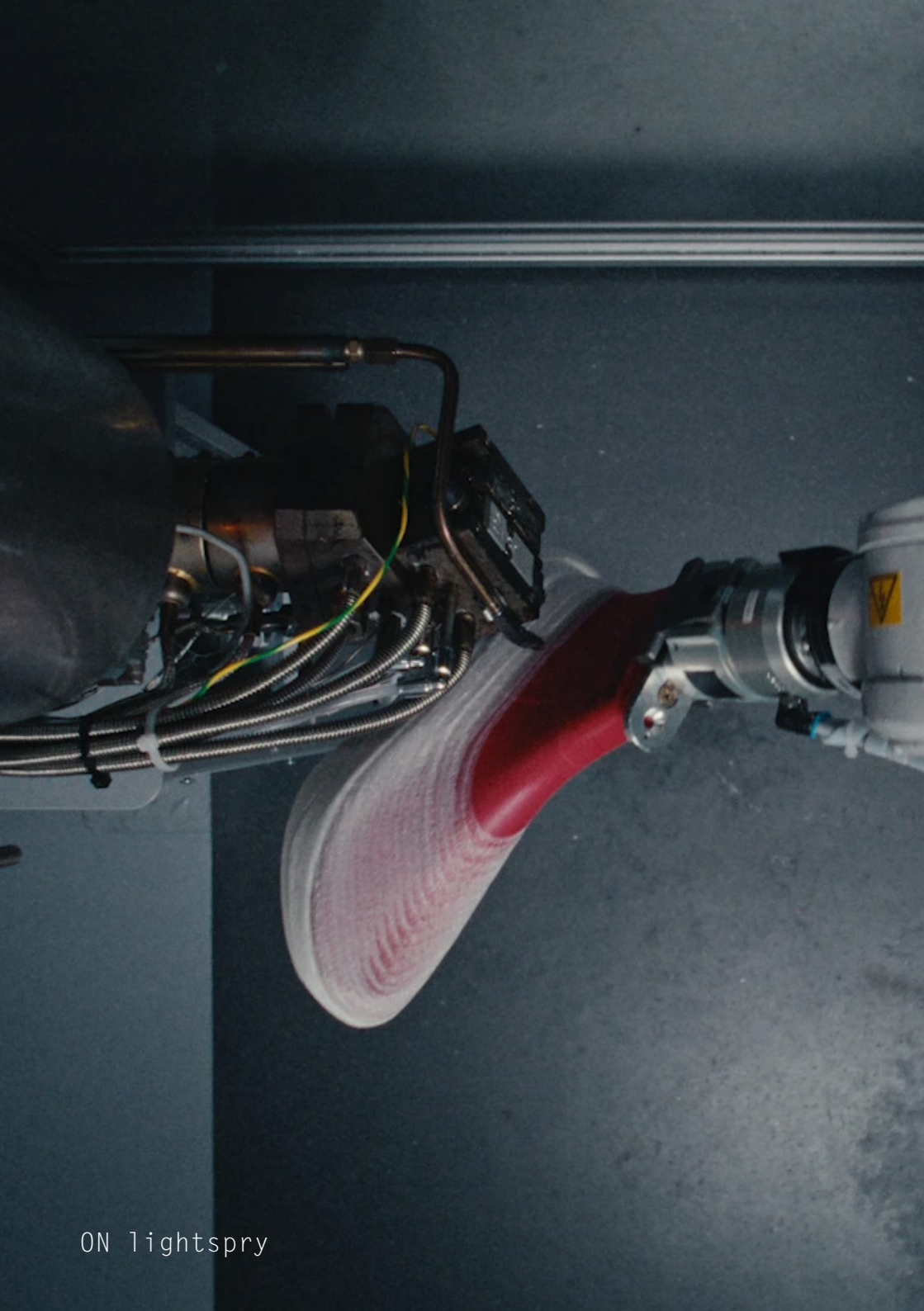
Absorb and transfer energy



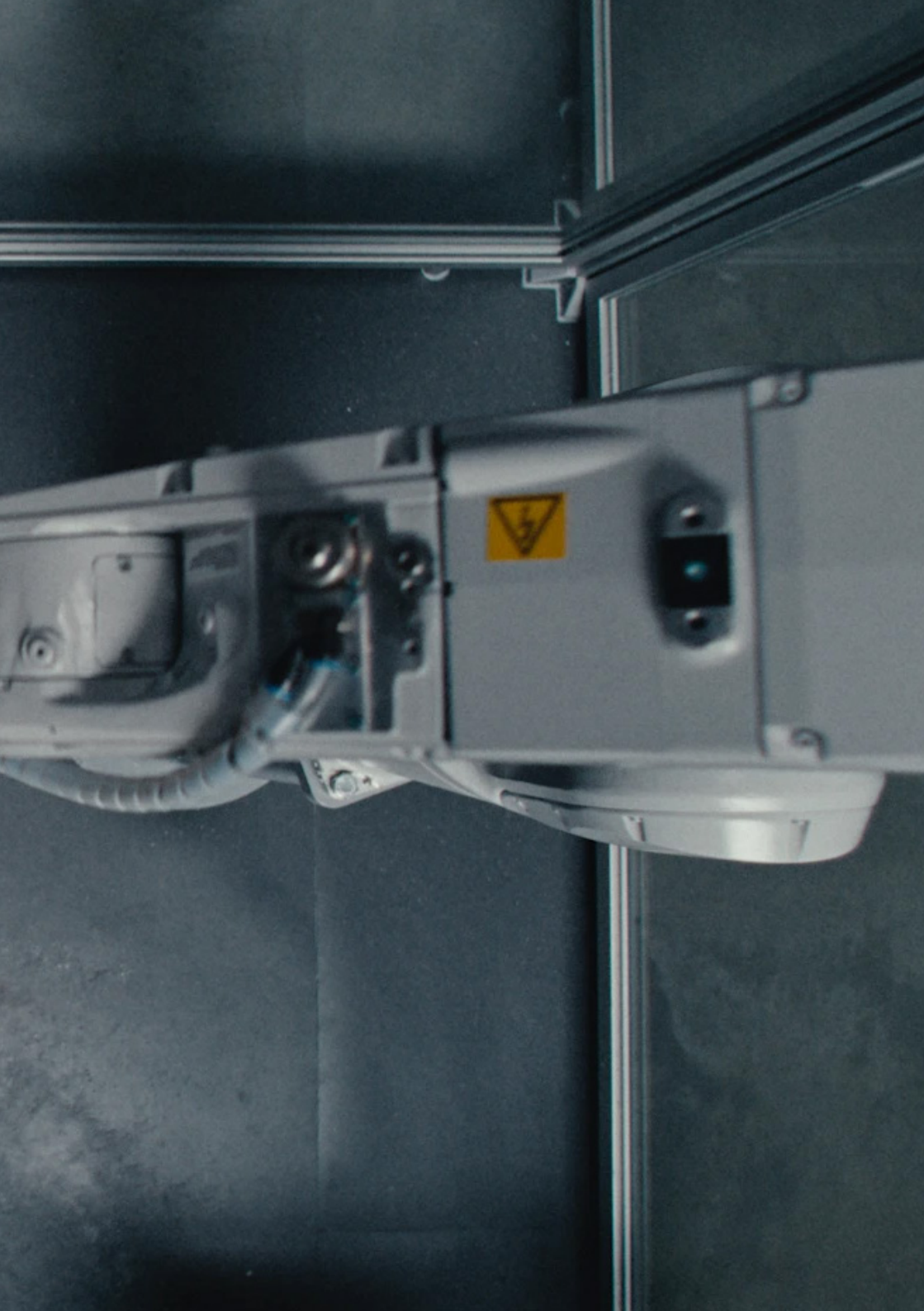


ON cloud tech





ON lightspry





Jika-tabi





The more it LOOKS like a foot,



the MORE it ACTS like a Foot,



vibram fivefingers®

THE ORIGINAL MINIMALIST FOOTWEAR
VIBRAMFIVEFINGERS.COM

Vibram Barefoot





Balenciaga zero sneaker



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Night Restore is designed to be worn during the recovery phase of the day. This phase occurs when no weight is placed on the feet and the body is positioned horizontally, allowing the feet to recover. In most cases, this phase takes place during sleep.

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Morning Rise is a shoe intended for use in the morning, designed to activate the feet at the start of the day. This activation is achieved through small spikes integrated into the sole. The firm, textured walking surface is particularly suitable for massage purposes. These small protrusions stimulate blood circulation, increase the flexibility of the fascia (connective tissue), reduce pain, and help calm inflammation. Additionally, such stimulation may contribute to the reduction of symptoms such as migraines.

The design of this morning shoe is based on existing tools such as the spike ball, which is commonly used for similar purposes. However, by integrating this functionality into a wearable shoe, foot activation becomes part of the morning routine, eliminating the need for an additional exercise or tool.









ACTIVE RECOVERY STEPS

Schritte der aktiven Regeneration

Instructions pour la récupération active



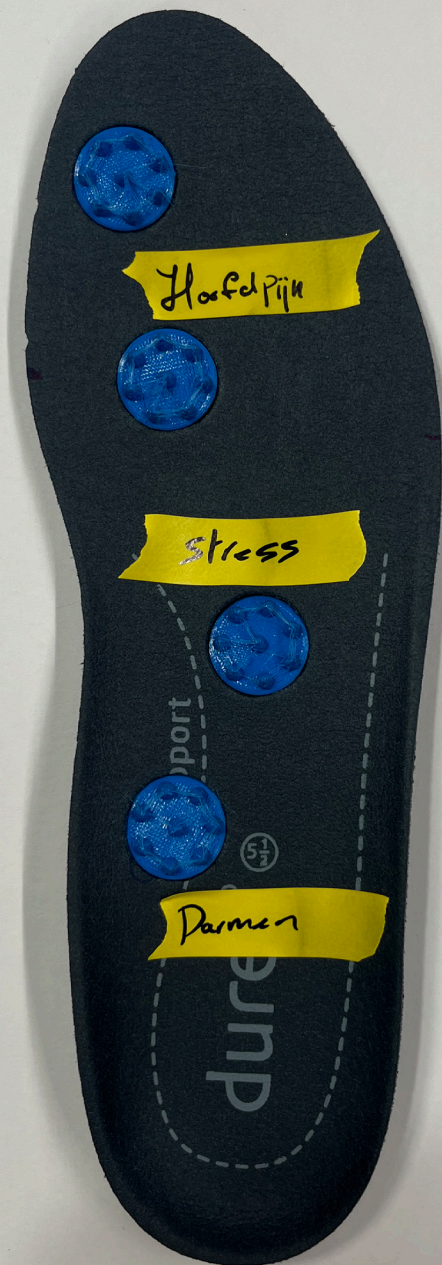
COOL DOWN
ABKÜHLEN - HERUNTERKÜHLEN
 Reduzieren Temperatur im muskulösen Teil
 (unter der "Kälte" spüren Sie Kälte)
 Steigern Sie Durchblutung des ganzen Körpers

STIMULATE
STIMULIEREN - STIMULIEREN
 Aktiv stimulieren mit aktiver Reflexion
 (Stimulierung aktiviert Reflexion)
 Steigern Sie die Aktivität des aktiven Teils

RELAXE
ENTLAZERN - RELAXIEREN
 Entspannen und aktiv relaxieren
 (Entspannen aktiviert Reflexion)
 Steigern Sie die Aktivität des aktiven Teils

TREAT
PFLEGEN - LEBEN
 Pflegen Sie aktiv, aktiv, aktiv
 (Pflegen Sie aktiv, aktiv, aktiv)
 Steigern Sie die Aktivität des aktiven Teils

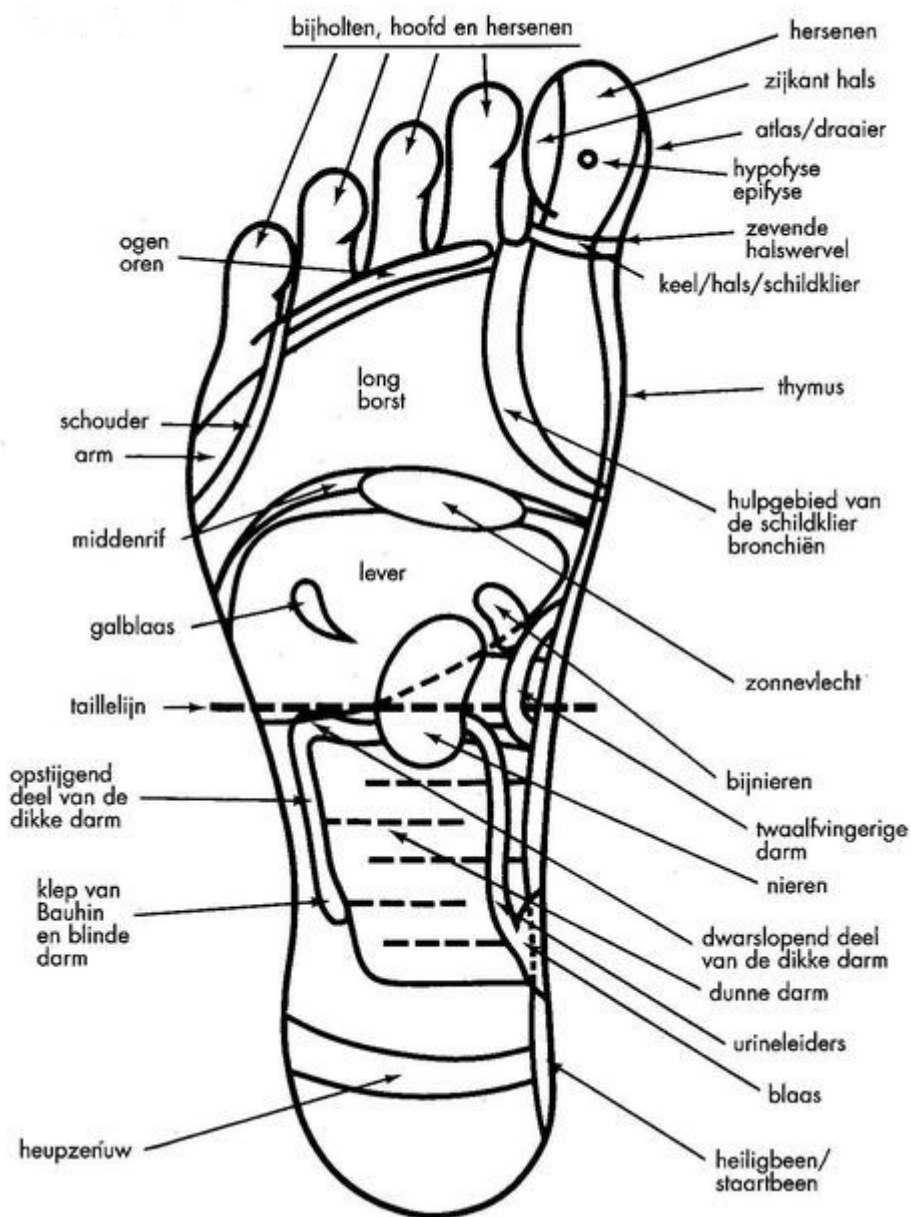




Hoofdpijn

stress

Pannen







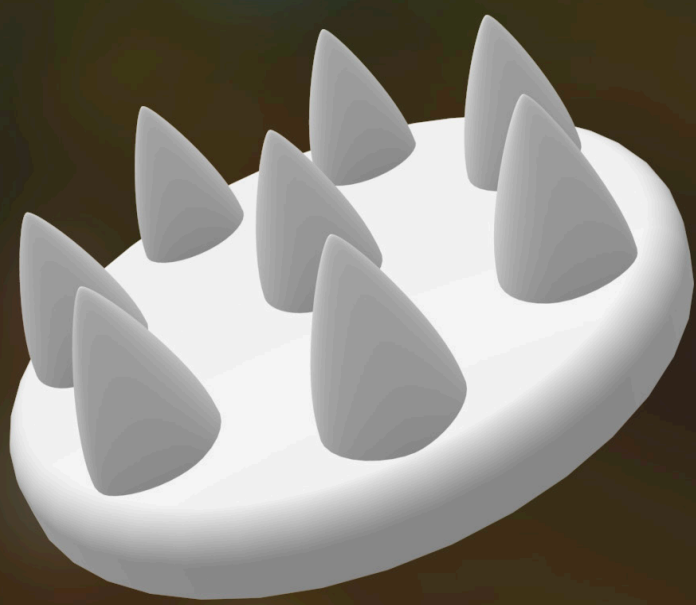




spike.obj

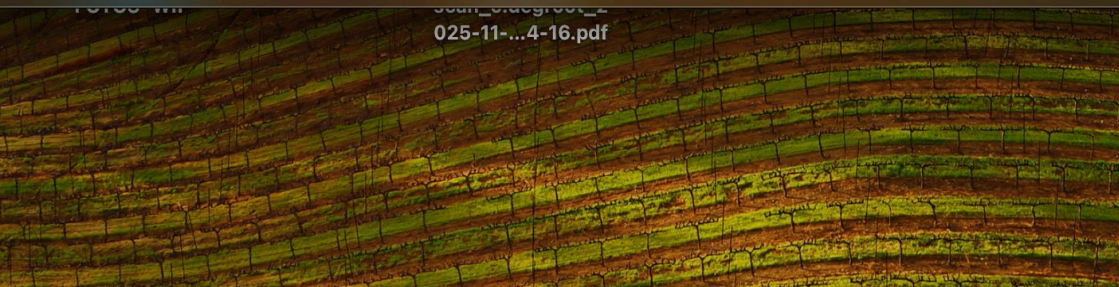


Open met Pru



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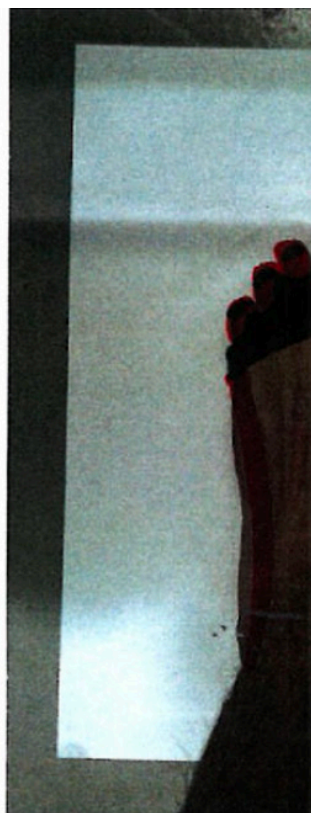


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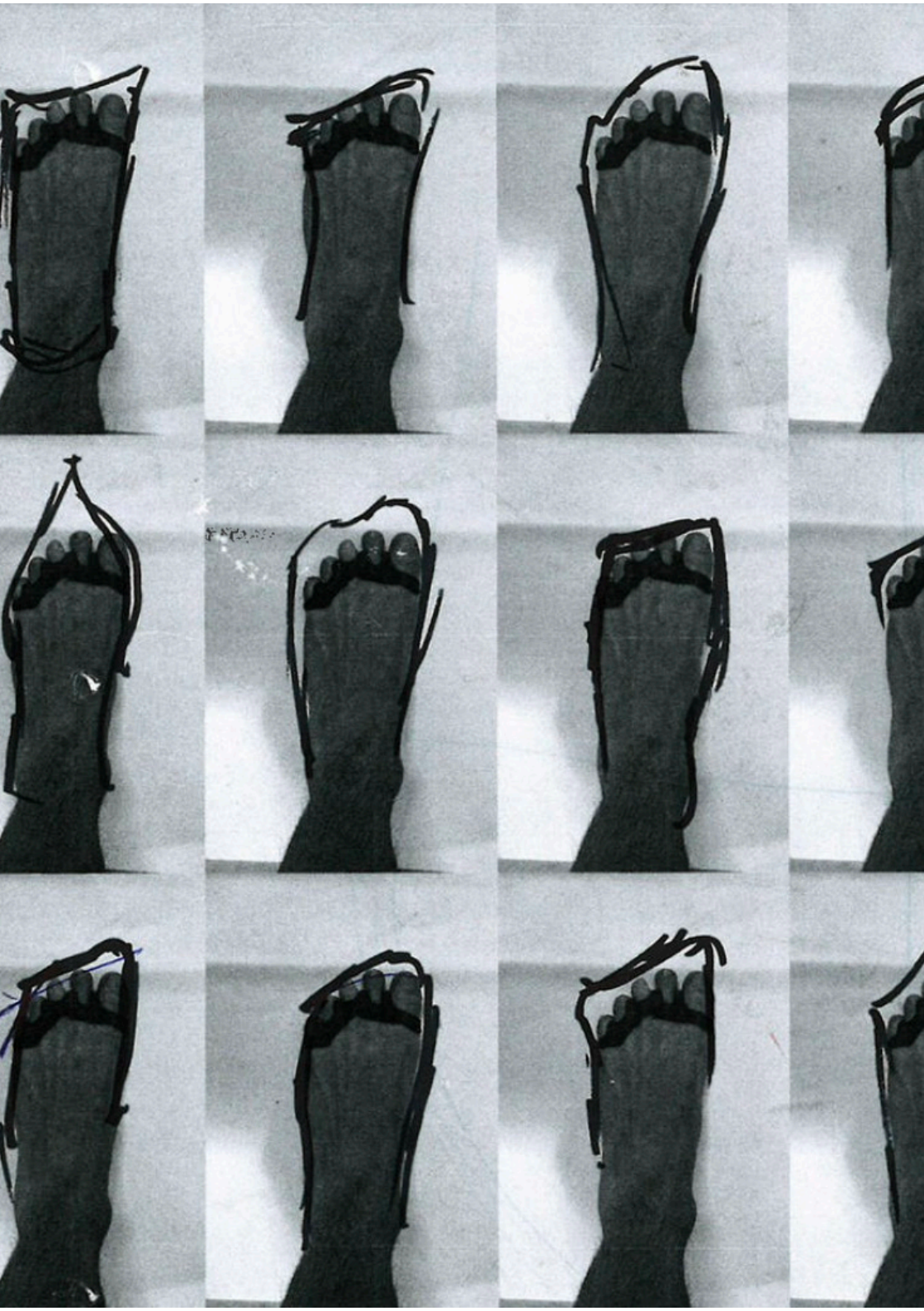
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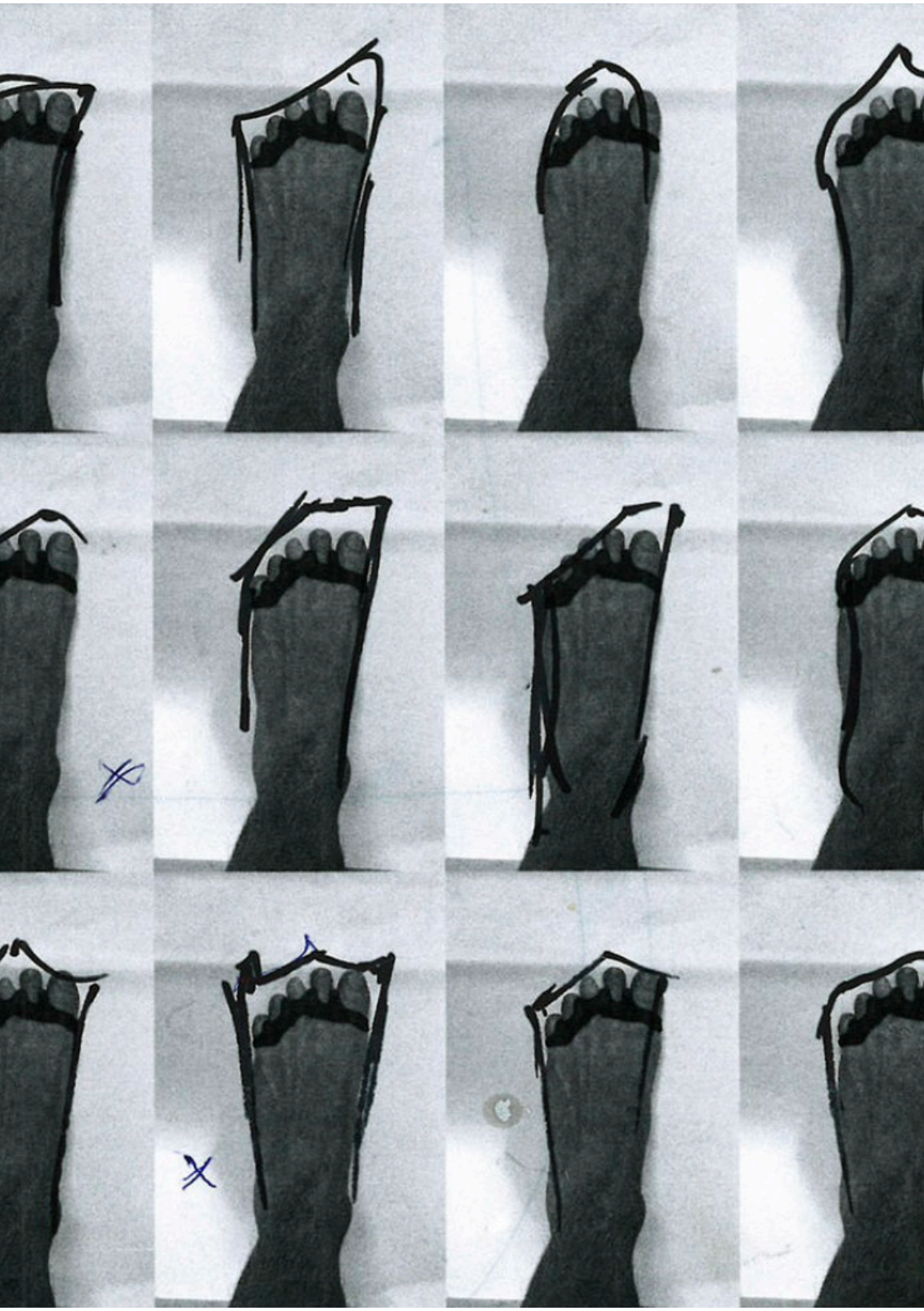


Day Pulse is intended to be worn for the majority of the day. The shoe is designed to be comfortable, professional in appearance, and capable of providing continuous, appropriate stimulation throughout daily activities. The front of the shoe is inspired by the concept of barefoot walking, allowing ample space for the toes to move freely. This freedom of movement supports the natural function of the feet, strengthens foot muscles, improves balance, and stimulates blood circulation. It also helps prevent issues such as calluses, corns, and ingrown toenails by allowing the foot to function in a healthy, natural shape. Furthermore, the design enables the foot to transmit sensory feedback from the ground to the brain, which is essential for stability and maintaining a healthy posture, while also reducing the risk of injury. The shoe is also designed to be lightweight and breathable, contributing positively to overall foot hygiene.



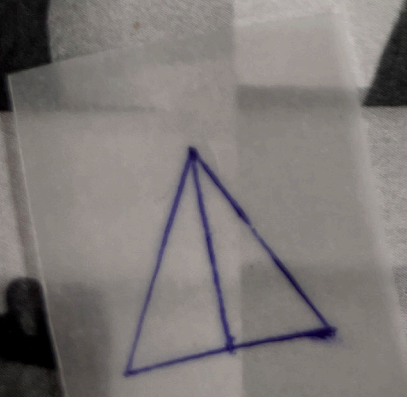
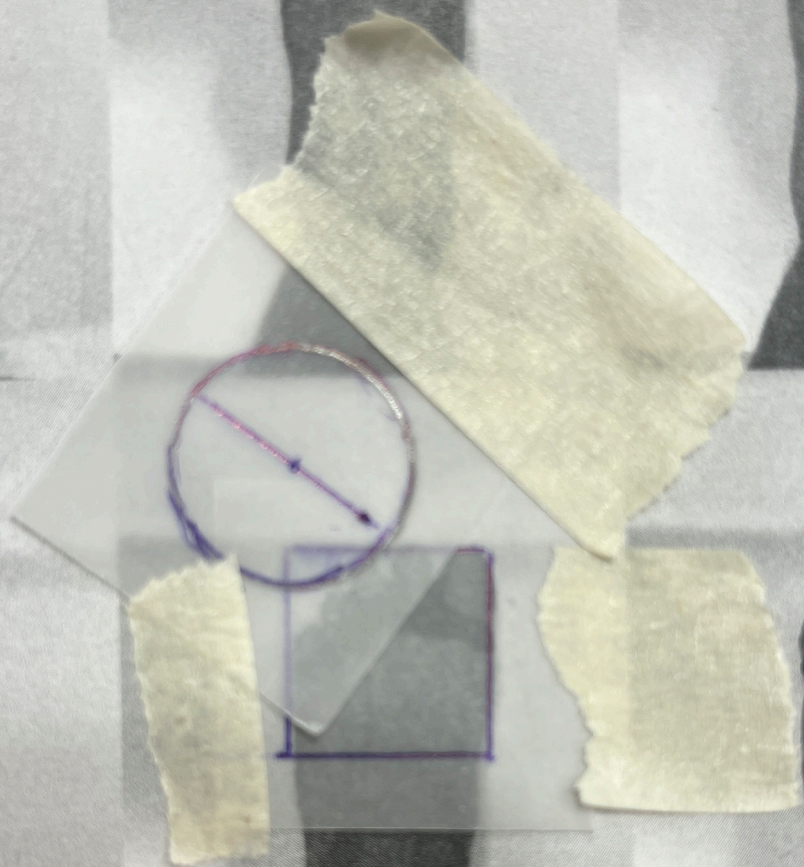














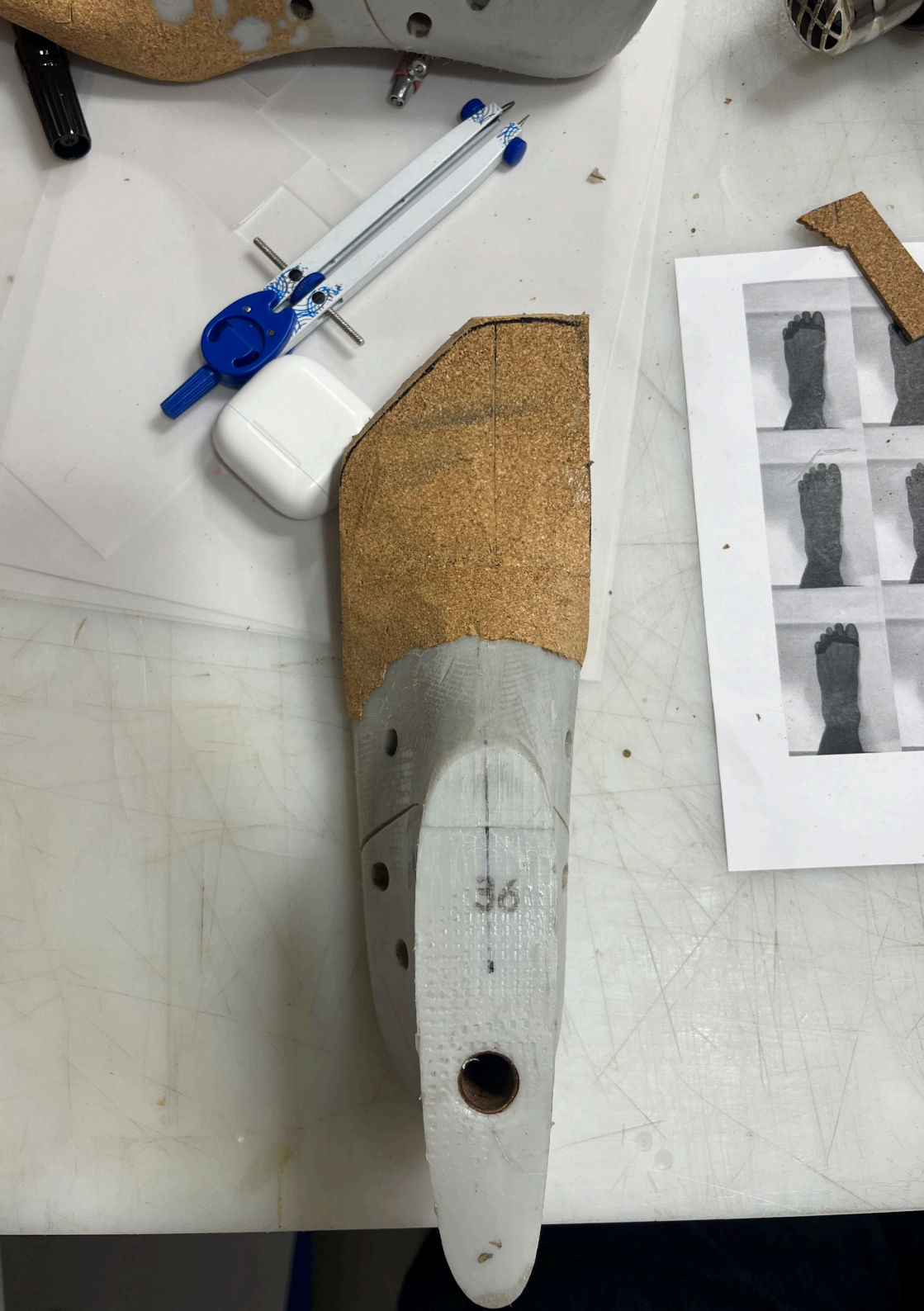






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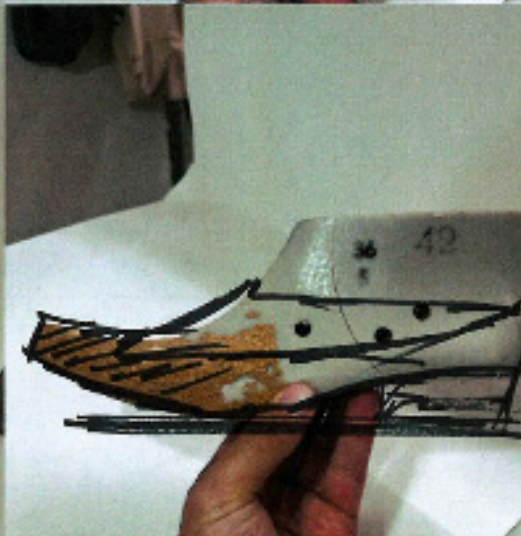
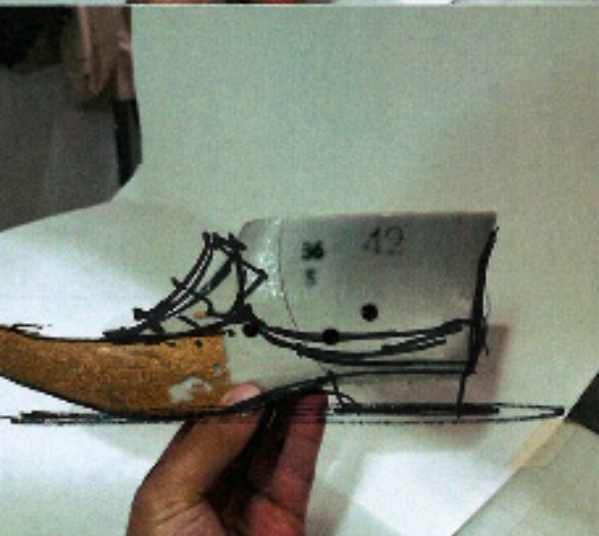












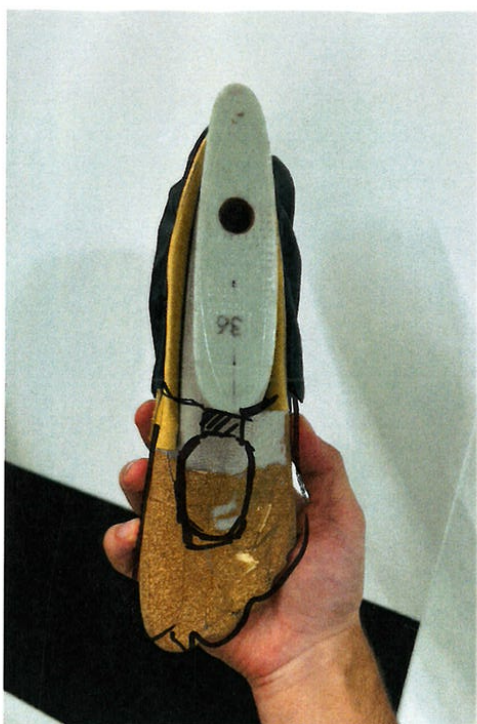


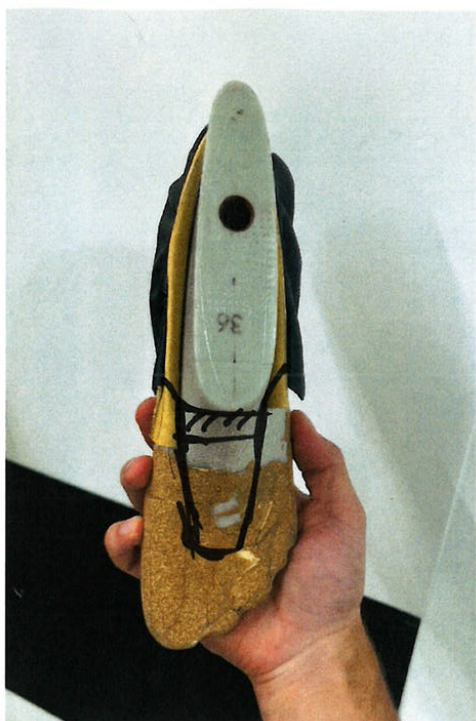
























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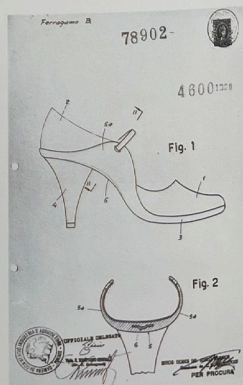
Evening Poise largely builds upon the principles of Day Pulse, with the aim of extending the same level of comfort and foot support to a high-heeled shoe. The toe box is squared to prevent the toes from being compressed into a narrow point, allowing sensation and mobility in the toes to be maintained. The heel incorporates a passive supportive sole, which stabilizes the foot and prevents sliding within the shoe.

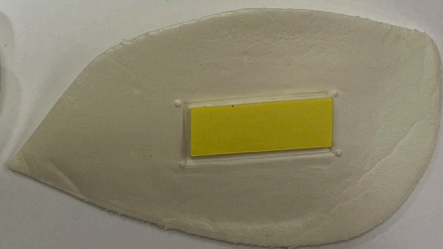
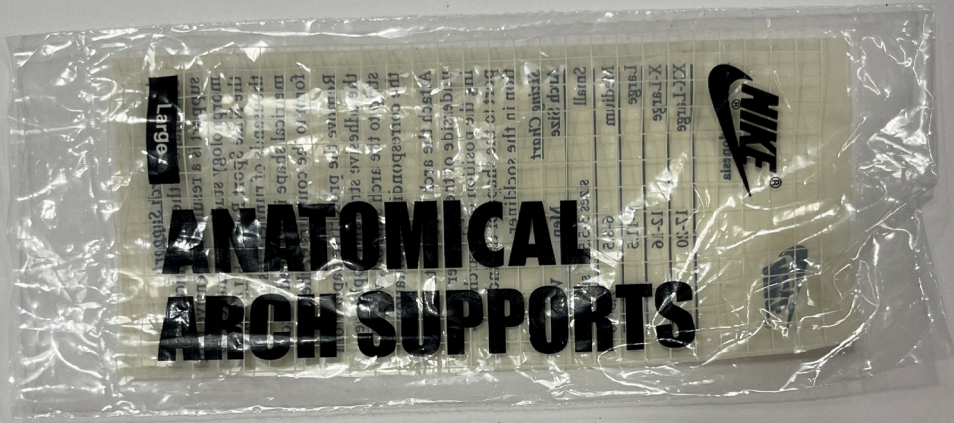


197. Court shoe, 1959-60
 Black suede upper. Pointed toe.
 Medium heel in wood covered with
 natural leather. Beige kid lining and
 sock. Opanke sole in natural leather
 extended to the top-line at waist,
 dividing the upper in two.

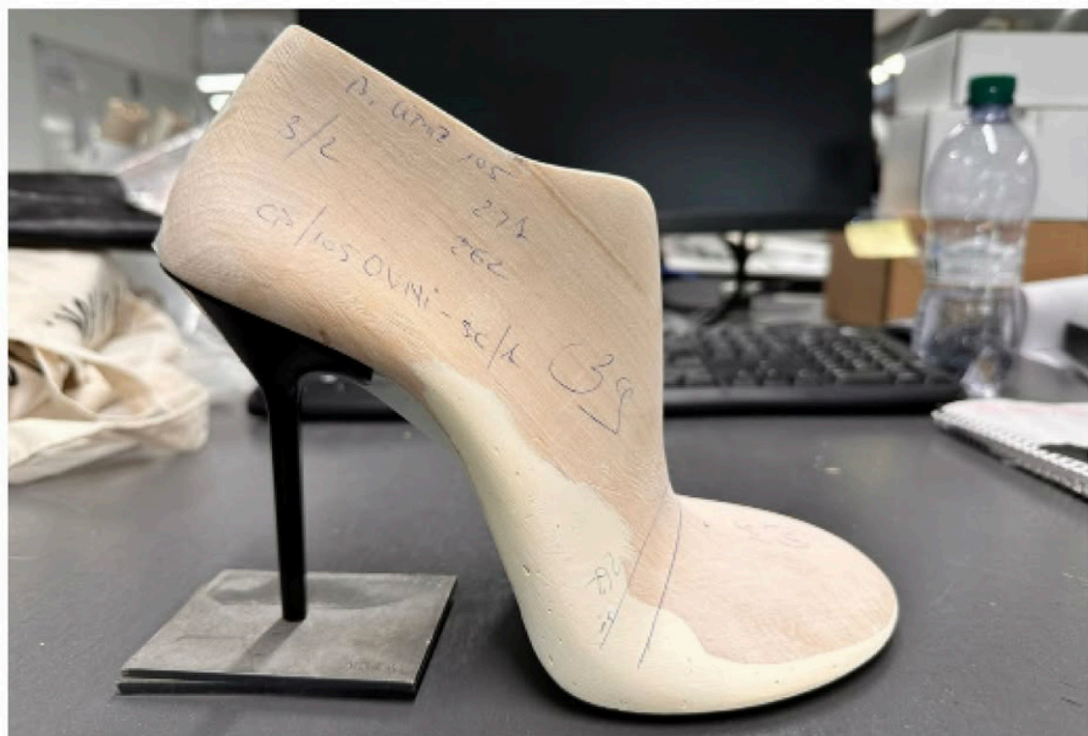
Length: 22.5 cm; heel: 6 cm.
 Label: Ferragamo's Creations
 Florence Italy.
 Ferragamo archive: ISG 21.

The patent for this model was
 obtained in 1960. The extension of
 the sole to the waist line increased
 the rigidity of the shoe, providing
 increased support for the foot. The
 drawing was made for the patenting
 process.





























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Home Ground is intended for the final hours of the day, allowing the feet to receive training even at the end of daily activity. The slipper's design is inspired by toe spreaders, incorporating the benefits of this otherwise unattractive tool into a wearable shoe that can be easily integrated into an evening routine. Home Ground helps correct toe alignment (such as with hallux valgus and hammer toes), reduces friction and pressure between the toes, prevents blisters and corns, and improves overall foot alignment and stability. In doing so, it also strengthens muscles and joints, supporting a more natural gait and improved circulation.



















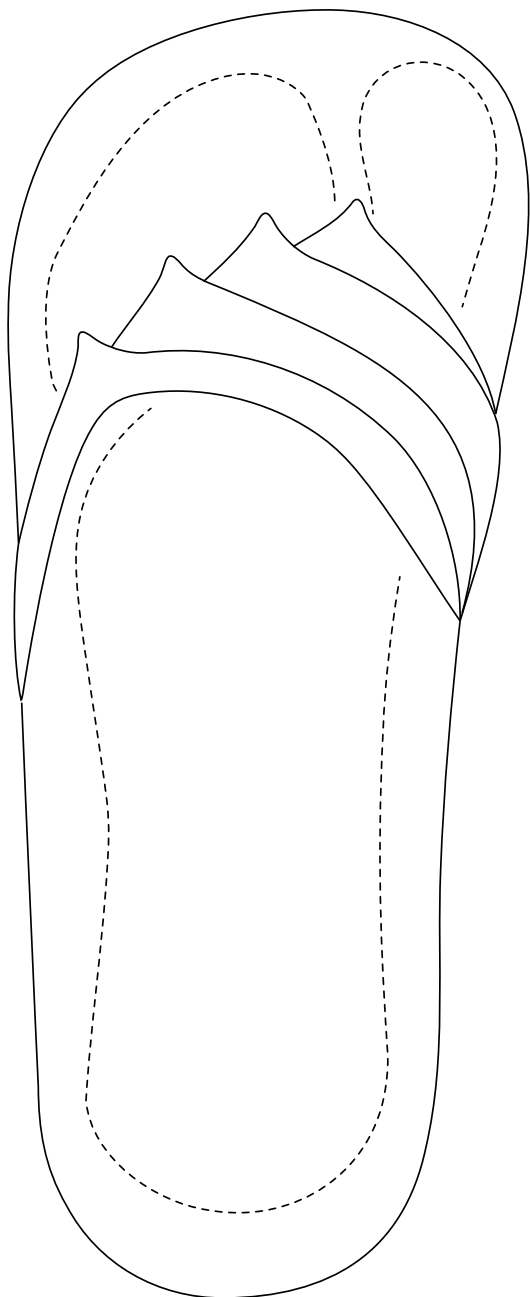
































IDEAL VISION & FURTHER DEVELOPMENT

Ideal Vision

As the creator of this project, I am aware that using five different types of soles throughout the day may seem excessive. The purpose of this project is therefore to raise awareness that pain-free walking should not be taken for granted. It aims to encourage people to pay more attention to foot health in an accessible way, integrating these practices into morning, daytime, or evening routines. Switching between two or three different surfaces might be a more realistic approach, but for clarity and illustrative purposes, I have chosen to present the concept using five distinct stages.

Further Development

All shoes in this project require further development before they can be produced, with some designs showing more potential than others. In particular, the Home Ground slipper holds significant promise. It aligns well with the barefoot and Vibram FiveFingers trends, and awareness of foot health is growing alongside these movements. With additional development, I am confident that this slipper could find a place in contemporary fashion. Collaborating with a partner such as Vibram to further develop this design is therefore a possibility I remain open to.





vibram five finger shoes



PRINT

The print I developed for the inside of the shoes is based on folding fabric to a point, mimicking the way toes are compressed in a traditional pointed shoe. The second print represents the release of this pressure, emphasizing freedom and natural alignment for the toes.







USE OF LEATHER

I use leather in my designs for its durability, flexibility, and natural comfort. At the same time, I am fully aware of the ethical and environmental concerns surrounding leather production, and I aim to approach its use responsibly and thoughtfully.







PHOTOS











