Table SDC1: Arch strain differences between forefoot and rearfoot strike running (barefoot running only)

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|   | Arch Strain - NH (max-min/standing) | Arch Strain - Curvature (max-min/standing) |
| Barefoot | Barefoot |
| Subject | FFS | RFS | **Percent Difference: FFS vs RFS**  | FFS | RFS | **Percent Difference: FFS vs. RFS**  |
| 1 | 15.13% | 4.85% | **102.88%** | 14.46% | 2.74% | **136.32%** |
| 2 | 39.76% | 29.91% | **28.28%** | 41.15% | 27.21% | **40.78%** |
| 3 | 18.12% | 10.74% | **51.16%** | 23.90% | 5.73% | **122.62%** |
| 4 | 14.34% | 9.02% | **45.58%** | 11.55% | 2.32% | **133.06%** |
| 5 | 25.00% | 12.36% | **67.62%** | 22.70% | 7.28% | **102.90%** |
| 6 | 30.74% | 27.23% | **12.11%** | 30.88% | 24.77% | **21.97%** |
| 7 | 15.49% | 9.83% | **44.68%** | 15.98% | 5.84% | **92.92%** |
| 8 | 11.48% | 6.45% | **56.09%** | 9.98% | 4.97% | **67.02%** |
| 9 | 19.35% | 14.19% | **30.81%** | 21.47% | 9.63% | **76.15%** |
| 10 | 17.87% | 12.08% | **38.64%** | 19.01% | 8.00% | **81.55%** |
| 11 | 33.28% | 24.89% | **28.84%** | 31.27% | 18.77% | **49.98%** |
| 12 | 31.07% | 18.28% | **51.83%** | 27.81% | 14.01% | **66.00%** |
| 13 | 27.34% | 22.12% | **21.13%** | 31.54% | 20.00% | **44.79%** |
| 14 | 30.58% | 17.51% | **54.34%** | 27.80% | 13.19% | **71.31%** |
| 15 | 17.37% | 13.15% | **27.64%** | 19.67% | 9.27% | **71.90%** |
| Mean ± SD | 23.13% ± 85.1% | 15.51% ± 7.61% | **44.11% ± 22.17% (<0.0001)\*** | 23.28% ± 8.58% | 11.58% ± 7.86% | **78.62% ± 33.84% (<0.0001)\*** |

NH, navicular height; FFS; forefoot strike; RFS, rearfoot strike