

Drs. Kevin and Heather Vincent interviewed about Gait, Exercise, and Selecting Running Shoes

Published: May 19, 2014

Category: [News](#) [1]

Drs. [Kevin](#) [2] and [Heather Vincent](#) [3] were recently interviewed by [The Natural Running Center](#) [4]'s Dr. Mark regarding their expertise on Gait and Exercise, and their recently published paper, "[Selecting Running Shoes](#) [5]" for the [American College of Sports Medicine](#) [6]. This publication represented a dramatic change in footwear recommendations. Their current research projects include examining gait in runners, as well as working with patients with knee arthritis, and patients with obesity.

For more information, check out the full article via the Natural Running Center's website:

- [Interview with Gait and Exercise Experts Drs. Kevin and Heather Vincent](#) [7]

Source URL: <http://ufsportsperformance.com/news/2014/kevin-and-heather-vincent-interviewed-about-gait-exercise-and-selecting-running-shoes>

Links

[1] <http://ufsportsperformance.com/taxonomy/term/4>

[2] <http://www.ortho.ufl.edu/kr-vincent>

[3] <http://www.ortho.ufl.edu/hk-vincent>

[4] <http://naturalrunningcenter.com>

[5] <http://www.acsm.org/docs/brochures/running-shoes.pdf>

[6] <http://www.acsm.org>

[7] <http://naturalrunningcenter.com/2014/05/19/interview-gait-exercise-experts-drs-heather-kevin-vincent/>