

The BARESOLE™ Basketball Shoe by Frampton Ellis™

Today's basketball shoes are extremely unstable, even more dangerously unstable than they used to be. The situation is so bad now that an NBA superstar like Kevin Durant sprained his left ankle while simply performing a practice layup during warm-ups. His real problem was not his ankle, but the basic instability defect in all basketball shoes.

This new experimental test prototype – the first BARESOLE™ Basketball Shoe – is designed to have safe lateral stability like the barefoot. It is the first cushioned production footwear ever to do so. The BARESOLE™ is utterly unlike existing athletic footwear soles, which are grossly unstable in the ankle spraining position in which the foot is twisted outward. The BARESOLE™ has proven successful in initial testing so simple it can be verified by anyone.

The experimental test prototype BARESOLE™ Basketball Shoes provide the definitive physical proof way that modern factory-built athletic footwear with a correctly redesigned basic sole structure can restore to footwear the natural lateral stability of the barefoot ankle. The result is something completely different, with a sole structure like no other: much wider, much more flexible and much more rounded. It is the first cushioned athletic footwear sole capable of true athletic performance unlimited by gross artificial instability.

Consequently, an amazingly claim: Even though it is just a first prototype – a work in progress with many design parameters yet to be optimized – the BARESOLE™ Basketball Shoe already has dramatically better stability and comfort than any of today's very best athletic shoe soles for basketball, football, baseball, soccer or other professional sports. Even those worn by the most elite superstars of the NBA, NFL, MLB or FIFA. If that sounds unbelievable, just try this acid test: compare them directly, each in the same careful standing ankle spraining position (shown previously in the BARESOLE™ Slide pictures, **(but only with safe support!)**).

The BARESOLE™ Basketball Shoes are built low to ground, like a racecar, with a midsole that is only 11 millimeters thick in the forefoot and 15 in the heel– not like the much higher and much more tippy basketball shoes popular today. Lowdown is exactly how Michael Jordan wanted his first basketball shoes. He said they should be “close to the ground. I didn't want to feel like I was playing in high heel shoes because it would increase my chances of twisting an ankle. I wanted to feel like a racecar, close to the ground,” quoted from his autobiography, *Driven From Within*. Unfortunately, that is not the way basketball shoes are made today.

Instead of the usual EVA, the midsole of the BARESOLE™ is made out of TPU (thermoplastic polyurethane), the unique material that Adidas popularized as Boost beginning a decade ago. TPU was specifically used because TPU is far more flexible than any other material available and flexibility is key to making the BARESOLE™ function the same way your super flexible barefoot sole does. The TPU used in the BARESOLE™ midsole has a durometer of about 45 (Asker C Scale) like UltraBoost. TPU has fallen out of favor in the past few years in running shoes due to its relatively higher weight, but that is a minor issue in a basketball shoes and, anyway, this shoe is relatively light due to its very thin midsole.

The shoe last of the BARESOLE™ Basketball Shoe is totally unique. It has a rounded shape on the sides and bottom, just like your rounded, unloaded barefoot sole.

Read more about why and how the BARESOLE™ was designed and developed in the book UNNATURAL INSTABILITY by Frampton Ellis in the BOOKS section of this website.