

last three decades. Most of the included studies (n=196, 74%) presented a follow-up duration of at least 2 years (range 6 months to 27 years). The proportion of male to female participants increased by 10% over the last three decades- 1990s (32%) to 2010s (42%).

Conclusion: This review revealed that IKDC, Lysholm, Tegner and KOOS were the most frequent measures of function in longitudinal ACL studies. Although most studies reported a follow-up duration of longer than 2 years, almost a quarter had a follow-up duration of less than 1 year. Despite the proportion of female participants in the included studies increasing over the last 30 years, more male than female participants continue to be included in longitudinal ACL studies.

Impact/Application to the field: The results of this study can guide clinicians and researchers towards outcome measures more frequently used in longitudinal studies following ACL injury to aid in the standardisation of ACL research and further inform the effectiveness of treatment following this debilitating but common injury.

Conflict of Interest: My co-authors and I acknowledge that we have no conflict of interest of relevance to the submission of this abstract.

<http://dx.doi.org/10.1016/j.jsams.2022.09.140>

(P100089)

Barefoot running (BFR): Revisiting an old trend

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Introduction: Despite the technological developments in modern running footwear, up to 79% of runners today get injured in a given year. Running barefoot is not a new concept; yet relatively few people choose to run barefoot (BF) on a regular basis. While benefits have been suggested, there are potential risks associated with running BF. The purpose of this presentation is to identify and summarize the up-to-date evidence-based knowledge concerning barefoot/minimal footwear running and their implications.

Methods: A literature search of MEDLINE, PEDro, EMBASE and the Cochrane data base CINAHL (from their inception – May 2022) was conducted using the following search terms: "barefoot running" and "barefoot running biomechanics".

Results: 84 relevant articles were found. Most were reviews, biomechanical and kinematic studies.

Conclusion: The studies that have looked at the barefoot condition have found notable differences in gait and other parameters. These findings, along with much anecdotal information, can lead one to extrapolate that barefoot runners should have fewer injuries, better performance, or both. Several athletic shoe companies have designed running shoes that attempt to mimic the barefoot condition and, thus, garner the purported benefits of barefoot running. Although there is no evidence that neither confirms nor refutes improved performance and reduced injuries in barefoot runners.

Impact:

- Many of the claimed disadvantages to barefoot running are not supported by the literature.
- barefoot running may be an acceptable training method for athletes and coaches who understand and can minimize the risks.

Funding acknowledgements\ conflict of interests: There was no funding for this study and the author has no conflict of interest of relevance to the submission of this abstract

<http://dx.doi.org/10.1016/j.jsams.2022.09.141>

(P100090)

Kinesiotaping (KT) in musculoskeletal conditions: the myths and facts

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Introduction: The use of the kinematic tape (KT) has become common in recent years in the treatment of skeletal injuries for the purposes of: pain reduction, increased range of motion, improved joint stability and more. Few studies have been written on the subject, and opinions differ as to the efficacy of KT compared with other interventions in physiotherapy

Purpose: Review the evidence and validity of KT tape being an efficient method of physiotherapy compared to other interventions.

Methods: A literature search of MEDLINE, PEDro, EMBASE and the Cochrane data base CINAHL (from their inception –May 2022) was conducted using the following search terms "kinesiotape", "musculoskeletal"

Results: 112 reviews and articles were found, of which 47 relevant studies were included in this review. Results were divided according to body regions.

Conclusion: KT is a treatment method whose effectiveness is questionable in the treatment of skeletal injuries. There is partial evidence of short-term pain relief, improved flexibility and improved muscle electrical activity. The KT is part of a wide range of treatments for skeletal injuries and should be carefully and specifically applied for treatment.

Impact:

- It is not possible at this stage to recommend the wide use of KT in musculo-skeletal conditions
- KT has no better effect than any placebo tape in the treatment of musculo-skeletal conditions

Funding acknowledgements\ conflict of interests: There was no funding for this study and the authors have no conflict of interest of relevance to the submission of this abstract

<http://dx.doi.org/10.1016/j.jsams.2022.09.142>

(P100091)

Referent weight-bearing values and distribution patterns in walking, ground, treadmill and elliptical jogging: An original research study

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Introduction: Sports physicians are frequently required to decide on patient weight-bearing limitations following certain bony or soft tissue injuries as well as lower-limb surgical procedures. The purpose of this presentation is to provide researched data regarding the average percentage body weight (APBW) values and weight-bearing distribution patterns (WBDP) between four common leisure and sports activities in a referent adult population and to suggest clinical implications.

Methods: An innovative weight-bearing system gait analysis system (SmartStep™) was utilized in this study. Asymptomatic