



Consulting medical professionals and sports training experts.

The research underlying the development of Biopods technologies and products has spanned approximately 35 years. This research included the development of a “new” scientific understanding of optimal “natural” gait mechanics and corresponding therapeutic approach to addressing foot-related pathologies.

Over the 35 years numerous medical professionals and sports training experts provided the lead researchers with advice, reviewed and critiqued the scientific concepts, personally tested the various product iterations, and where appropriate used the products in Clinical applications with their patients or with their athletes.

Roy Gardiner (the lead researcher) and Biopods Inc. gratefully acknowledge the following for their input and support.

Orthopaedic Specialists

Peter Fowler (1938 - 2022), MD FRCS(C), former medical director of Fowler Kennedy Sport Medicine Clinic University of Western Ontario, former president of the American Orthopaedic Society for Sport Medicine, former president of the International Society of Arthroscopy and Knee Surgery and Orthopaedic Sports Medicine (ISAKOS). In 1992, Dr. Fowler received the Sport Medicine and Science Council of Canada Lifetime Achievement Award for Sport Medicine and Science; in 1994, he was recognized in Best Doctors in America; and in 1998, he received the Canadian Orthopaedic Association Award of Excellence. Dr. Fowler headed the Canadian medical teams at numerous Commonwealth and Olympic Games and was appointed to The Order of Canada in 2018.

Tom McClain, MD ABOS AAOS, is an orthopaedic surgeon affiliated with Mercy Hospital Springfield, Springfield, Missouri, whose practice emphasis is on Adult Reconstruction and Orthopedic Trauma and is one of the most respected orthopaedic surgeons in the U.S. Midwest with over 42 years of experience.

Georg Ahlbäumer, MD, Chief Physician, Klinik Gut St. Moritz, trauma surgery and orthopaedics specialist, team surgeon AS Roma, past National Secretary of the International Society of Skiing Safety (ISSS)

Sports Training Experts and Trauma Specialists

Sam Dubé, MD, PhD, Dr. Dubé is Professor Emeritus, Carleton University, Ottawa, Canada, a leading expert on strength biomechanics, and Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association. Dr. Dubé has advised many national and world-class athletes in diverse sports, including judo, freestyle wrestling, track & field, Olympic weightlifting, and strength athletics such as The Strongman Competition. Dr. Dubé is a popular guest speaker and lecturer and is also a television color analyst for the World’s Strongest Man Competitions.

Dr. Steven Hodges, MD, FACEP, Dr. Hodges is board certified Emergency Medicine physician in community and academic practice at Northwestern Lake Forest Hospital. He was the former Assistant Medical Director of the Northwestern Lake Forest Hospital Emergency Department, and former Clinical Instructor of Medicine, Northwestern University School of Medicine, McGaw Medical Center, Chicago IL. Dr. Hodges is a lifetime athlete, having played soccer and run cross country in college. He has competed at the highest level in multiple iron distance triathlons and marathons including the Kona Ironman World Championships.

Tudor Bompa, PhD, Dr. Bompa is Professor Emeritus, York University, Toronto, Canada, and is regarded worldwide as the leading specialist in the area of theory of training/coaching/fitness, to which he has

contributed several new concepts and theories. As a leading sports training expert, Dr. Bompa is a consultant to national sports organizations in Argentina, Australia, Brazil, Canada, Japan, Romania, Turkey, the USA Olympic Committee, and professional and amateur athletes and teams.

In only 8 years of international coaching his athletes have won 11 medals (4 gold) in Olympic Games and World Championships, and 22 national championship titles. He is the only coach who has produced Olympic and World champions in two different sports: track and field and rowing. He has also compiled training programs for professional teams, and guided individual athletes to their highest athletic achievements. In recognition to his contributions to the body of knowledge in training, fitness, and coaching education, Professor Bompa received 22 honors and awards, 19 of them internationally.

Dr. Bompa is also a highly respected international speaker who has made presentations on training theories and planning-periodization in over 30 countries around the world. As a consultant he has directed the creation of national training systems in several countries and all of Dr. Bompa's publications, conferences and ideas are highly regarded and enthusiastically sought out by many athletes, coaches and training specialists' worldwide. His concepts and ideas are primarily prevalent in the areas of planning, peaking, strength training, power training and age-group training. Numerous Universities around the world use his various publications as course textbooks.

Dr. Michael Yessis, PhD, President of Sports Training, Inc., a diverse sports and fitness company. Dr. Yessis is also Professor Emeritus at California State University, Fullerton, where he was a multi-sports specialist in biomechanics (technique analysis) and sports conditioning and training. Dr. Yessis has served as training and technique consultant to several Olympic and professional sports teams. He has also trained hundreds of athletes in different sports and developed unique specialized strength exercises that duplicate what takes place in execution of the game skills. Dr. Yessis is considered this country's foremost expert on sports technique. Dr. Yessis has written 17 books in the sports and fitness field including Biomechanics and Kinesiology of Exercise, Build A Better Athlete, Sports: Is It All B.S.?, and his latest, The Revolutionary 1x20RM Strength Training Program. He has also written more than 2,500 articles on fitness and sports training that have appeared in magazines such as Muscle & Fitness, Shape, Scholastic Coach, Fitness Management, National Strength and Conditioning Association Journal and Track and Field Coaches Review, Peak Performance, Running Times and he is also a contributor to Football Gridiron. Dr. Yessis presently serves on the advisory board and is a clinical advisor for the American Running Association.

Chiropractors

Scott Bautch, D.C., DACBOH, CCST, CCSP, Dr. Bautch is a Chiropractic Occupational Health Specialist who is a Diplomate of the American Chiropractic Board on Occupational Health (DACBOH). Furthermore, he holds a Chiropractic Certification in Spinal Trauma (CCST) and is a Certified Chiropractic Sports Physician (CCSP).

Dr. Bautch is president of the American Chiropractic Association's Council on Occupational Health. He has also served as a board member for the International Academy of Chiropractic Occupational Health Consultants and is a past Chairman of the Wisconsin Council on Occupational Health. Furthermore, he is past Chairman and Chief Executive Officer of Allied Health Chiropractic Centers, a Wisconsin-based chiropractic corporation comprised of more than 50 individual clinics.

Bruce Comstock, DC, Dr. Comstock is a sports-focused chiropractor with 36 years' experience in sports injury rehabilitation. He also author of Weight-Training Safely, The F.I.T.S.-Way.

Larry Bell, B.Sc., M.Sc., D.C, FRCCSS(C), FICC, Fellow of Royal Chiropractic College of Sports Science (Canada), Fellow of International College of Chiropractors, Service Provider to the National Sports Centre. Dr. Bell leads both the Back to Function and Bell Chiropractic teams. He is considered one of Canada's foremost Sports Chiropractors. He has worked with athletes across a wide range of sport disciplines at over 50 international events including 6 Olympic Games and 18 World Championship and Commonwealth Games.

Additional Healthcare professionals who are personally and clinically using the first generation of foot strengthening products developed by Gardiner (lead researcher):

Bronwyn Cooper, DPM, Clinical Director/Foot Strengthening Podiatrist (Dr. Foot Solutions), Dr. Cooper is a rehab and sports podiatrist with 41 years clinical experience, a clinical educator, and a consultant in clinical applications of footgear.

Neil Frame, MChS, DPodM, Podiatry Specialist (Biomechanics)

Sean Pena, VERTIMAX Master Trainer – Physio – Biomechanics Expert – trainer – Speed Specialist

Dr. Mark Cucuzzella MD FAAFP, Professor West Virginia University Scholl of Medicine WVU Center for Diabetes and Metobolic Health

Jeff Stapleton, MSc. Exercise Physiology – Nationally Certified Level III Coach – President, Team Over the Top