



# MBT® SHOES, TRAINING AND THERAPY IN DAILY LIFE

MBT® shoes are a training device that can be applied in your daily life activities.

MBT® can help you during rehabilitation and therapy programs with several specific exercises.

MBT® has an unique Technology: the patented curved sole creates a natural instability and imitates walking on soft, uneven surfaces. The Pivot Axis promotes a rolling movement, which in turn may help increase lower limb muscle activation in your every step.



**RESEARCH TO DATE HAS FOCUSED ON THE FOLLOWING TOPICS:**

**BALANCE<sup>1</sup>**  
**POSTURE<sup>2</sup>**  
**MUSCLE ACTIVATION<sup>3</sup>**  
**LOW BACK PAIN<sup>4</sup>**  
**LOWER EXTREMITY JOINT LOADING<sup>5</sup>**  
**VENOUS RETURN<sup>6</sup>**  
**PLANTAR PRESSURE<sup>7</sup>**



Find more about research: contact the **MBT ACADEMY** dpt.

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**MBTs are designed as training equipment for sport and medical purposes. All MBT stockists are trained to give a short introduction to ensure correct and effective use of the product. If MBTs are used as a secondary therapy for existing basic health conditions, a medically trained specialist must supervise the application. As every individual is different, results may vary from person to person.**



**LIFE WELL LIVED**