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.


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.