



London WASPS Endorse MBT

After months of rigorous medical testing the 2004 Heineken Cup (Rugby Union) Champions London WASPS have agreed to endorse MBT. They have found that MBT has significant implications for player's training, rehabilitation and injury prevention. According to the team's latest newsletter "MBT has improved the player's co-ordination, proprioception, and has been instrumental in the recovery of some injured players".

At the same time injury risk is reduced with improved muscle training. The game is so physical players need a shoe that will be easy on their bodies off the field. Instead of repeated shocks and compressions these shoes produce a gentle active rolling action with each stride. WASPS believe MBT makes an important contribution to their team's health and fitness.

This is further proof of the effectiveness of the MBT as a serious training tool. Unlike most conventional shoes that only support and cushion the feet, the MBT® Sole challenges the core strengthening muscles to become more active. This reactive, more supportive muscle action creates good posture and because the foot rolls forward and no longer falls abrasively during the heel strike, the body absorbs significantly less shock than in ordinary footwear and is therefore subject to less stress and musculo-skeletal compression. WASP'S newsletter said "...we want to protect their players wherever we can and have found that MBTs play an important role in injury prevention and rehabilitation."

As an elite sport team WASPS have found that MBTs aid recovery, correct posture and gait, make the body work harder and simultaneously help it to return to its natural state of health.



After use on several occasions over the last 12 months, Jason Palmer, the Head physiotherapist of Fulham Football Club is happy to endorse MBT footwear for use in the treatment and rehabilitation of a variety of complaints. He has used the MBT's for a number of the senior players, where he feels the MBT's through their design have assisted some of his players recovery from injury.

"The biomechanical design of the footwear through the rolling foot action they encourage, has helped relieve the stress to various foot structures, and this has helped some of our players recover faster from their injury".

He also believes that the MBT's have a lot to offer for fit and healthy individuals of all levels of fitness, when used correctly.



**Chartered Society of Physiotherapy (CSP) Congress 2003
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MBT does what no other shoe can do and MBT is supported by independent research. A real investment in your own health and fitness.

Health and fitness in your daily routine without additional time.

Due to MBT's unique patented curved multi-layered sole, it lengthens the body into a tall, upright posture and encourages use of neglected muscle groups. When walking or jogging users engage untrained muscles and burn more calories*, helping people to tone and to lose weight efficiently. Even while standing the muscles continue working to gain a centre of balance.

As a result, and in addition to helping back, joint and foot problems, through the reduced impact on ankle and knee joints**, MBTs have been found to tone the buttock, stomach, thigh and calf muscles and help reduce varicose vein problems.

Feel good all day long with MBT. Wearing MBT in your everyday activities ensures that you are working out, toning and strengthening the muscles all day long. MBTs are patented - Beware of imitations.

With your first order you receive the MBT DVD and In Box leaflet. Additionally, we provide our customers with an instruction video, exercise instruction sheets, a FAQ's sheet and you are registered with our customer loyalty scheme.

More information is available on request, or visit www.mbthampshire.co.uk

*University of Calgary, Canada

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