

FOR MUSCULAR AND SKELETAL PROBLEMS



With correct use and application MBT shoes are beneficial for the treatment, rehabilitation and prevention of:

- **Back, hip, leg and feet problems**
- **Joint, muscle, ligament and tendon injuries**
- **Therapy resistance**

Physiotherapists, osteopaths & chiropractors recommend the use of MBT to successfully help prevent and treat injuries when MBT shoes are used correctly.

Through the biomechanical function of MBT, the muscles, joints and spine begin to function anatomically correct. Joint wear is reduced, and with it pain.

With every step taken, MBT is therapeutic and simultaneously preventative.

Medical product class 1 CE certified



If MBT shoes are to be used as an accompanying therapy to specific health problems it is essential that you are supervised by a health professional and a MBT Trainer. MBT shoes can be used incorrectly. Most muscular and skeletal problems originate from poor posture and faulty gait patterns.

MBT leads from a passive, straining gait to an active gait pattern that is gentler on the back and additionally stabilizes the pelvis and the spine. With every step taken, MBT is therapeutic and simultaneously preventative.

Timo Konietzka (64), Former professional soccer player. A member of the German national team. He scored the first goal in the "German Bundesliga". 1999 he was considered a sport invalid with big back, joint, and Achilles-tendon problems. After 6 months with MBT he was completely free of pain.

10,000 soft therapeutic steps are better than 10,000 shocks to the back and joints.

MBT forces you to balance and to walk upright. Balancing means that your muscles are working, instead of overloading joints.

Through the action of a tension interchange of the muscles, they become shock absorbers for the joints and through this the body experiences release of tension, relaxation and improved circulation. In short, the effects of walking with MBT are both training and "massage".

MBT can be used to treat:

- **Joint and spine** problems - lower back pain, arthritis*, rib blockages, neck problems, osteoporosis*
- **Hip and knee** problems - muscular imbalances, degenerative changes
- **Foot** problems - Hallux valgus, clubfoot, flatfoot, spread foot, heel spur and Achilles tendon tear
- **Inflammatory diseases** - arthritis*, m. Bechterew*, Multiple Sclerosis*
- **Neurological problems** - Hemiparesis*, CP*
- **Circulatory problems** - PAVK*, Diabetes mellitus*
- **Injuries and rehabilitation** of the lower extremities
- **Miscellaneous** - pregnancy, toning after giving birth, and pelvic floor training
- **Therapy-resistant patients** who search for an alternative therapeutic method
- Patients, who for individual reasons wish for an **alternative treatment method** to the classical medical, surgical and manual treatment methods.

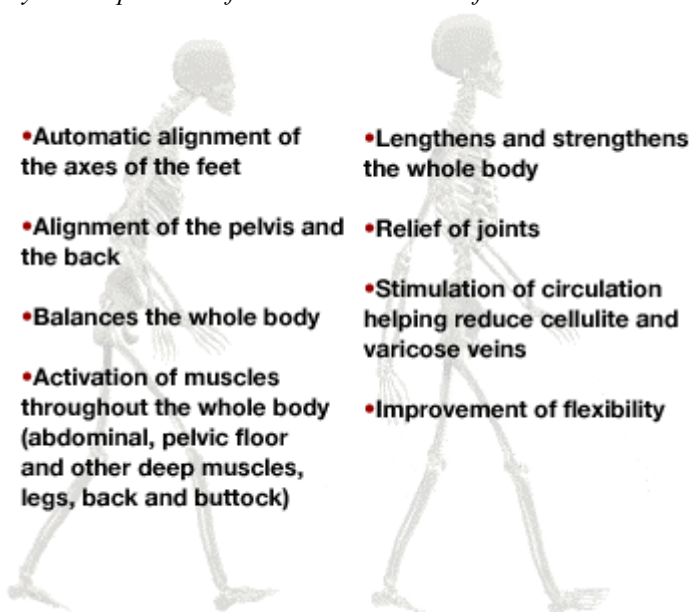
- As an **alternative to orthopaedic inserts**, therefore training the muscles as opposed to guiding, supporting and absorbing shock.
- Symptomatic relief of M Bechterew, Multiple Sclerosis etc. through the clear improvements made to the musculature which can then work more effectively to influence a **safer gait pattern**.
- Patients in **rehabilitation** following back, hip, knee and foot injuries
- Following back, hip, knee, ligament and tendon treatment or operations to **improve coordination of the movements, circulation and strength**.
- To improve circulation in patients with **diabetes** (build up of collateral in the peripheral vessels)
- In **pregnancy** to strengthen the muscles of the back and limit the swelling of the legs, after pregnancy for tissue/skin toning and to train the pelvic floor to overcome stress incontinence.
- With **neurological deficiencies** (e.g. hemiparesis and cerebral palsy): Tone of the trunk is altered which limits the (extension) spasticity in the extremities (i.e. associated reactions).
- With **inflammatory or degenerative joint and spine problems** (e.g. rheumatism, arthrosis, osteoporosis), through the correct application of mBT there are less shocks to the body and less load.

**MBT is a therapeutical aid that can reduce pain and, may have a positive influence on the causes of an illness but does not treat the disease itself*

Endorsements and studies

Dr. H.J. Eichhorn, Orthopedist Sportmedizin
 Dr. F. Brunner, Orthopedic Uni-Clinic
 Dr. Stephan Eberhard, Orthopedic Uni-Clinic
 Physiotherapist Petra Angehrn, Physiotherapy
 Dr. M. Schmid, FMH Inner Medicine
 Physiotherapist B. Jordi Kinetic
 Dr. Michael Fierz, Mediclinic Center
 Physiotherapist Chr. Wehrle, Physiotherapy
 Dr. Ch. Widmer, General Medicine
 Dipl. Trainer and Physiotherapist Dusan Radovanovic, Physiotherapie

...and many Physiotherapists, Osteopaths, Chiropractors, Pilateteacher, Podiatrists and professional athletes.



Studies

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- In Switzerland health insurance companies now refund a major part of the cost of MBT
- Comparative study, Rennbahnklinik in Basel
- Reflex Activation of Gluteal Muscles in Walking in "Spine", several others / Dr. Vlad Janda
- The influence of MBT to the muscular activity and the distribution of pressure on the foot sole of health- and type1 diabetes mellitus patients, Dipl. Physiotherapist, Osteopath Marcel Mätzler
- Gait analysis, Prof. Dr. Baumann
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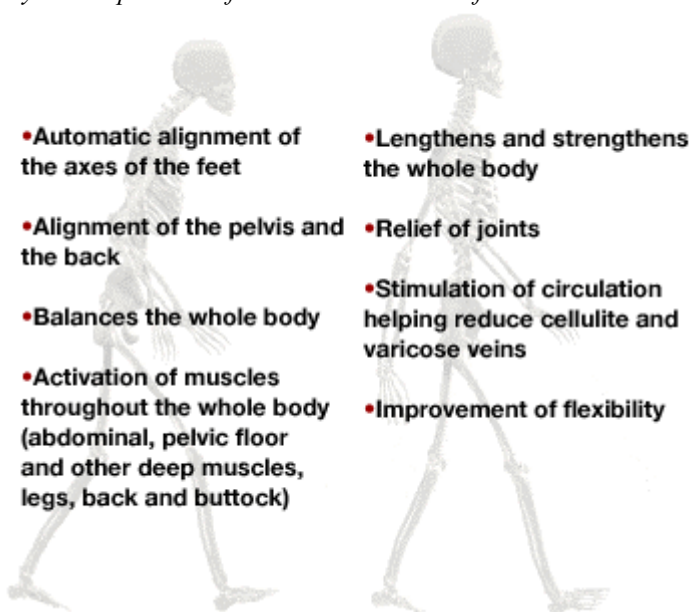
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