

Frequently asked Questions and Answers

1. Do they reduce cellulite?

A. MBT's were developed as a medical device. In the past few years we have learned about the toning effects. MBT's tone and firm the muscles of the abdomen, buttocks, thighs and increase circulation. We have lots of positive customer feedback regarding cellulite reduction.

2. Why is it not possible to order over the phone?

A. We strongly recommend that you have a fitting and training session.

3. Do they help you to lose weight?

A. Wearing MBT's activates the neglected muscle groups therefore toning the body.

4. Are they available for children?

A. We are currently working on special children MBT's. They will be available from June 05.

5. Can you wear them if you are pregnant?

A. MBT's have great benefits before and after pregnancy. If you have been wearing MBT's prior to the pregnancy then you can continue to do so as the body will have adapted to the changes. If you have not worn MBT's's before then we recommend that you wait until after the birth. This is because the body has experiences significant changes during pregnancy so it is important to keep these to a minimum.

6. Are they any good for arthritis?

A. We recommend MBT's for arthritis but you should always consult with a medical specialist.

7. Can I do the following in my MBT's: squash, badminton, aerobics, step, tennis, football, and free-weights?

A. Explain the principle of MBT. It replicates walking on an uneven surface: so imagine playing squash etc on uneven ground. Therefore it's not suitable to wear MBT's for these specific sports. MBT's can be used when exercising with weights but one should always get use to walking in the MBT's first before taking up any other activities.

8. Can you run and jog in MBT's?

A. Yes, MBT's are perfect for jogging and running. Always make sure that you are comfortable walking in them first, starting with the recommended time.

9. How long can you wear them for?

A. Depending on your fitness level you should wear them no more than an hour a day for the first few days. If applied as a medical or therapeutic tool make sure you refer to a health specialist.

10. Can you wear them with orthotics?

A. The MBT is an active orthotic rather than static. We do not recommend that you wear them with orthotics, as this will stop the activating of the muscles in your feet.

11. How do I clean them?

A. Clean the same as a normal pair of shoes. Avoid the heel sensor to come in contact with salt, acid, oil and prolonged dampness.

12. Can you wash them in the washing machine?

A. No, because the sole is made up from specialized technology that would break down under those severe conditions. You can hand-wash your MBT's with mild soap or washing powder.

13. Are they good for back problems?

A. Yes, they were designed specifically for the treatment of back pain, rehabilitation and for the prevention of injury.

14. Can you wear them if you have flat feet?

A. Yes, MBT's activate the muscles in your feet therefore help rebuilt fallen archers.

15. What is the difference between the sandal and the other MBT's

A. There is no difference, the technology is in the sole. The uppers of the MBT vary to suit different customers.

16. Will the MBT be made in a non-animal material in the future?

A. Yes, we are hoping to produce some styles in the future.

17. Will there be a ladies knee-high boot?

A. Yes, we are working on it and hopefully will produce a ladies boot in 2005.

18. What is the difference between the high and the low trainer?

A. The high is an advanced model and is harder to get use to. You should never start on the highs and clients with medical conditions should not/never wear the high. The high is ideal as a second MBT for customers that already have a low pair to be able to alternate on occasions.

19. Customers are experiencing difficulty in using the lace lock?

A. The lace lock is very effective but customer do not wish to use it can take of. Please make sure that you show the customers correctly so they can choose if that want to use it or not.

Refer to the following help guides:

- Instruction leaflet in the MBT box
- www.mbt-uk.com - product section
- Customer service line – 020 7684 4633

20. Why are they so expensive?

A. There has been over 10 years of research into the technology and only the best materials are used to produce the MBT. The standard of the quality control is the highest that can be expected.