

The effects of Masai Barefoot Technology Footwear on Posture: An experimental designed study.

School of Health Professions and Rehabilitation Sciences, University of Southampton.

P.R. New, J.M. Pearce Co author

2006

Publication: Paul New, Julian Pearce: The effects of Masai Barefoot Technology footwear on posture: an experimental designed study. *Physiotherapy Research International*, Volume 12, Issue 4, Pages 202-202.

MBT Model: sole 2004

ABSTRACT

OBJECTIVES: To assess the anatomical changes in posture that occur as a result of wearing Masai Barefoot Technology (MBT) footwear in quiet standing and walking.

METHOD: A video motion analysis using the Peak Motus Version 8.5 system was used to compare the kinematics of posture wearing MBT shoes and a control condition.

RESULTS: Standing in MBT footwear showed a statistically significant increase in plantarflexion at the ankle joint ($P = 0.025$) [Mean 3.02 degrees, 95% Confidence Interval (CI) -5.6 to -0.4]. At heel strike, walking in MBT's showed a significant decrease in;

- Trunk flexion ($P = 0.007$) [Mean 1.44 degrees, 95% CI -2.4 to -0.4]
- Hip flexion ($P = 0.003$) [Mean 3.26 degrees, 95% CI -5.2 to -1.3]
- Anterior pelvic tilt ($P = 0.003$) [Mean 3.20 degrees, 95% CI -5.06 to -1.35]

CONCLUSION: MBT footwear changes certain characteristics of posture in quiet standing and walking. These findings could have positive implications for the

management of conditions such as osteoarthritis and back pain, however further research is needed.