

Masai Barefoot Technology in an operational setting.

A randomised controlled effect trial to measure quality of life and well being effects due to wearing MBT-shoes in standing activities.

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(<http://www.inqa.de/Inqa/Navigation/Gute-Praxis/datenbank-gute-praxis,eDid=6778.html>)

MBT Model: Sole 2005

ABSTRACT

This randomised controlled trial designed study concerns the usage of MBT shoes in an operational setting. The shoes are provided by the selected company (S&B Systemtechnik in D-70736 Fellbach; see also Chapter 2.1) and worn as part of operational health management of staff during working hours (predominantly standing jobs).

The effectiveness of the MBT shoe as a means of increasing the quality of life and general wellbeing of staff in an operational setting is examined.

The results after the 7-week intervention (see Chapter 2) are consistently positive. Significant intervention effects were found for 7 out of 12 examined items.

The study thus demonstrates the effectiveness of the MBT shoe in increasing the quality of life and general wellbeing of staff (with predominantly standing jobs) in the operational setting.

This (psychological) effectiveness, in association with the medicinal-training knowledge already gained (cf. New & Pearce, 2006), suggests the possibility of having the MBT shoe inspected in Germany as a refundable “Participation programme for insured persons” (DRV, Form G100) and/or “Programme for participating in working life” (DRV, Appendix G130).