

The Combination Exercises

Learn the exercises correctly from the beginning. Train regularly and increase the amount of training daily. The end goal is to be able to wear **MBT** the whole day. By doing this, you can train and receive therapy with each step taken, without investing time. On the other hand do not overdo it. The change in posture and resulting change in load on the body i.e. an increased effort and stretching of diverse muscle groups, can provoke reactions in phase of posture change such as muscle pain (stiff muscles and tension), joint and back pain and overstraining the skin (in the worse case necrosis) due to bad circulation. Unwanted reactions are also possible if the incorrect technique and improper application are used in **MBT**. With movement/mobility therapy for compensation of disabilities and improvement of balance, the risk of falls should be avoided by having someone else there for support.

The aim of the combination exercises is to introduce you to active walking in just half an hour.

Repeat the individual exercises interchangeably until the unusual sensation begins to disappear and your new gait pattern becomes comfortable, natural and relaxed. Exercise throughout the day – and increase the amount of training daily as long as you feel comfortable. Attention: **Pain is a warning signal!!**

A Compress Heel Sensor



1

1, 2, 3 With a completely stretched posture, interchangeably compress each heel sensor. The feet should not be allowed to fall inwards 5. Instead pressure 4 should be applied more to the outside edge of the heel.



2



3



4



5

B Mid-foot balance



TE 1

While balancing the fully out-stretched body 2 on the tilting edge 1, do not bend/move either the knee 3 or the hips 4. Balance using only slight movement of the ankle. Under no circumstances allow the feet to bend inwards 5.



2



3



4



5

C Mid-foot ground pressure



TE 1

With mini-steps, press the mid-foot tilting edge 1 under the body, not in front of the body. This movement should be slow and gentle but should press powerfully into the ground 2. The body remains stretched. The feet must not fall inwards 3, with the load applied more on the outside edge 2. Do not roll too much 4, 6. Instead of rolling try to balance on the mid-foot whilst walking 5.



2



3



4



5



6

D Relaxed trotting

With the posture completely stretched 1 explosively take off the ground from the mid-foot and maintain height with an out-stretched posture to avoid bouncing up and down, so that the action is more upwards than forwards 3. Do not pull the thighs up as in jogging 3, rather let them hang loosely 2, or even better as shown in 1. Stretch the seated S-shaped posture 4, as in 1. Let upper and lower body relax and counter-rotate.



1



2



3



4

E Standing-walking-trotting

Now repeatedly interchange the exercises B, C and D.