

The Logic of Intelligent Footwear
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People have long believed that taking good care of one's feet has a positive influence on the whole body. Thus, it has often been assumed that the best way to take care of the feet is to find the most comfortable pair of shoes. The main description of comfort has been "support." We commonly hear people say things like, "I love these shoes; they are so supportive to my feet." And who would argue that adding support to a regular shoe doesn't improve comfort?

The problem with this line of thinking is that it doesn't fully hold true. There is more to the story. In fact, the type of surface we walk on may be the bigger issue. Think about this: how do your feet feel when you walk barefoot on a soggy grassy field or on a soft sandy beach? Isn't it interesting that people will often describe a certain pleasure to the foot and whole body on these surfaces, yet when you walk on these surfaces, you are walking with the opposite of foot support – you are walking with instability.

Why do you think this is? Could it be possible that the body is equipped with its own internal support mechanism? Could it be possible that our bodies were meant to walk on uneven terrain instead of hard, perfectly flat surfaces? On these surfaces, the body senses the unevenness as instability. When the brain gets the signal from the feet that there is instability (the opposite of support), it is designed to activate the stabilizing muscles throughout the body. Guess what all these stabilizing muscles do when activated? They support, transferring stress away from the joints and spine and apply the stress from the ground to muscle tissue.

When this occurs, there is not just improved muscle tone and posture, but more importantly a significant decrease in the stress overload that leads to many degenerative physical diseases.

Yes, it is correct muscle activation we need to have healthy feet and bodies. So if this logic holds true, we must either rip up all our floors, asphalt and concrete or buy a shoe that converts hard surfaces into unstable ones.

I would suggest the latter, and buy a pair of MBT physiological footwear. Your feet and more importantly your body will thank you. This investment in your health may save you both money and unnecessary suffering down the path of life.