



Effects of the kyBoot hiking shoes

- ⊕ **Do you want to go hiking without any pain despite knee, hip and back problems?**

Try hiking in kyBoot shoes! Numerous customers who suffer from pain in their locomotor system tell us about their painless hiking experiences.

«I wore kyBoot shoes on my last 400-kilometre hike. They were extremely pleasant to walk in, and my knee pain disappeared.»

Walter Keller, 74, pensioner from Bischofszell, Switzerland

⊕ The indescribable feeling of the soft, elastic air-cushion sole

Walking in kyBoot shoes is even more comfortable than walking on soft moss thanks to the soft, elastic air-cushion sole. Before, after or during a hike, you often have to walk across several kilometres of tarmac before you can take hiking paths through the open countryside. Hiking in kyBoot shoes is far more fun because a soft, elastic air-cushion sole absorbs the impact of your foot on the rocky ground.

⊕ The feet – not the shoes – must provide the support

Should hiking boots provide support? No, scientific findings show that the feet should provide support, not the shoes. The soft, elastic sole of kyBoot shoes offer your feet greater freedom of movement and thereby train the muscles. Well trained feet provide more stability, as we have more strength in our feet. Increased strength in the feet also means that you can cover longer distances. Your reaction speed increases and the body reacts more quickly if you lose balance.

⊕ Walking downhill is a method of training and therapy

Walking downhill is an unforgettable experience in kyBoot hiking shoes. They relieve the knees. The soft, elastic surface effectively absorbs the impact, meaning the knees do not have to support the body weight. Each step simultaneously relaxes and trains the feet, leg and back muscles.

⊕ Foot reflex massage and non-slip quality

The air-cushion sole adapts to any surface. It has been optimally designed to prevent slipping. Whether you're walking on rough, finely grained or damp ground, rock or just up the stairs, there is practically no other sole better optimised to prevent slipping than the air-cushion sole of kyBoot shoes. Being able to feel the natural surface through the soft, elastic air-cushion sole acts as a massage for the feet's reflex zones.