

## Foot Anatomy

The evolution of the Birkenstock® comfort footbed started with the idea that the shape of the shoe should match the shape of the foot. Much like walking in sand, when your feet are supported by a healthy shape, walking is a pleasure. When you walk, your foot flexes to support your body. The Birkenstock sole and cork footbed flex with your feet for comfort with every step. Elevated heels cause the body to move out of alignment. With our neutral heel, the body is properly aligned using the weight-bearing bones and muscles. Our deep heel cup positions the natural padding of the foot under your heel bone to absorb shock and support your weight.

The natural shape of our footbed allows room for comfort and guides your foot into a healthy walking position.

Our footbed allows room for toes to move naturally. For correct foot alignment, the inside edge follows a straight line from the big toe to the heel. Firm Support For Your Feet It would make sense to think that a softer and more "cushiony" shoe would be more comfortable. But in fact, the Birkenstock concept of comfort is based on firm, orthopedically correct support. As with a quality mattress, feet require solid support and correct positioning in order to give us maximum comfort and health. The footbed features proper arch support, deep heel cup, and adequate room in the toe area – all to help distribute weight evenly over the entire foot. The result is improved posture and balance for greater comfort when walking. Our Contoured Footbed Encourages Foot Health The Birkenstock footbed is made of resilient cork/latex and is shaped to create a healthy walking environment for your feet. Additionally, the cork/latex blend is pliable and reacts to natural body warmth. Therefore, over time, the footbed yields to the characteristics of an individual foot just as the foot yields to the healthy shape of our contoured footbed. Many long-term Birkenstock wearers find that the longer you wear them, the more comfortable they become.