

Abstract

Diagnosis of a flat foot plaques a large percentage of the population lately, which is probably caused by people's current lifestyle. The goal of my thesis was to find the effect of flat foot on posture as a whole and figure out a suitable therapy to influence this disorder. The introduction described the anatomical structure of the arch of the foot and its biomechanical function. Then, the causes of the sagging of the arch were described and the effects on the whole body. Based on these findings a set of excercises was created, in order to improve the sagging of the arch of the foot, and then demonstrated on a patient with flat foot. At the end of the thesis is a summary of the results and recomendations for future work with problems of this type.