

This theoretical-research bachelor thesis focuses on the impact of barefoot walking on the musculoskeletal system from a physiotherapy perspective.

The theoretical part of the thesis presents a current overview of the issue of barefoot walking. It examines the impact of footwear on the foot, differences between walking in regular shoes and barefoot walking, the transition to barefoot walking and its associated positives, risks, and contraindications. The work also addresses the issue of so-called barefoot shoes.

Barefoot walking is considered one of the most effective ways to strengthen the leg muscles and improve their shock-absorbing capacity. It also contributes to maintaining the proper morphology of the foot, to higher sensorimotor control, and to reducing the risk of foot deformities and infections.

The result of the special part of the thesis is in the format of a systematic review, which included a total of twenty clinical studies. The goal was to determine the impact of barefoot walking on various areas of the musculoskeletal system, to be able to comprehensively assess its benefits and possible risks.

A large part of the included studies showed positive impact of barefoot walking, on the muscles of the lower limbs and the pelvic floor, the muscles of the back and neck, as well as on the arch of the foot and plantar loading of the foot with heel spur. The impact of barefoot walking on the load on the hip and knee joints and on balance during walking is disputable.

The broad focus of the work allowed for a better understanding of the overall impact of barefoot walking on the human body. The decision to incorporate barefoot walking into a physiotherapeutic plan must be approached with consideration of the individual health status and physical abilities of each patient.