

This Bachelor work is focused on possibilities of physiotherapy by a laterally flat foot, a deep stabilisation system and their mutual interference.

Flat feet are a very frequent problem nowadays. Soles keep contact of a body with a ground surface, they bear the weight of the whole body, absorb the shocks, etc.. The feet function is very important, and for that reason we have to try to reduce the biggest risks, which endanger it very much.

In this work the authoress deals with, as it was already mentioned, the issue of flat feet and deep stabilisation system. There are anatomical and functional analysis, an examination and possibilities of physiotherapy.

The authoress cooperated with 3 patients. She described in detail their casuistries, which also include short-term and long-term physiotherapeutical plans.

These focus not only on the mentioned parts of body, but on the whole body, too.

Critical words: flat feet, deep stabilisation system, physiotherapy possibilities, physiotherapeutical plans.