

In the theoretical part findings about anatomy, kinesiology and foot function in standing position and gait cycle are summarized. There are also described the theoretical foundations of the SM-system method. The practical part includes a study that was designed to verify the effect on plantar arch during standing and walking. The evaluation was conducted on 2 groups of volunteers - research group counts 20 subjects, and the control group, which counts eight subjects. The evaluation of plantar arch was carried out on the baropodometer. Examination of standing on the baropodometer did not show significant deviations in the state of plantar arch in the research group nor in the control group. Examination of walking on the baropodometer showed a greater increase of plantar arch in the research group, compared with the control group.