

The central motive of this bachelor thesis is the so called „short foot“ exercise, which is a basic exercise of the Sensomotoric stimulation therapeutic approach. Among specialists nowadays, there is a decline of interest in this exercise, some even consider it obsolete. The goal of my work is to assemble theoretical findings of „short foot“ functionality on standing stability, to indicate possibilities of it's use as an exercise extracted from Sensomotoric stimulation and to address the possibility of „short foot“ significance to „civilised foot“.