Abstract

Title: Correction of flat-bed on example of children´s ice hockey

Objectives: The aim of this work is to determine whether and how the flat-foot affects the performance of the individual (speed and style of skating) and how the correction works (application of thermoplastic insole and tape). The issue of flat feet in sports can be related to other issues of the musculoskeletal system and the associated injuries. Therefore, if the correction proves that has a positive effect, it will prevent further damage during the load in this sport.

Methods: It is going to be an empirical-theoretical study with an experiment. The probands (research participants) will be first examined on a podoscope. During the examination, photo documentation of the dorsal foot load with focus on the Achilles tendon line will be taken. In addition, will be made to plantogram to each participant, followed by a diagnosis of flat feet. Finally, I will examine the foot pressure load with an F-scan in regular shoes, ice skates and ice skates with a correction aid (tape). Subsequently, I compare the load rate without and with the correction aid in the ice skate, and assess whether and how (with respect to performance) the correction aid aids in optimum foot pressure distribution or increase individual performance.

Results: I found out that flat-food influences performance and style of skating. Correction has positive effect on posture. It’s necessary to get used to the device gradually and still support children, motivate them, and last but not least, much praise.

Keywords: children, flatbed, skates, hockey, correction, thermoplastic insoles, tape