

## **Abstrakt:**

### **Title:**

Influence of intervention program to improve the flat foot of junior footballers

### **Objective:**

The aim of the bachelor thesis is to improve the condition of the flat foot of junior female football players for 3 months. Further inform respondents about the subsequent prevention of this disorder. The goal will be realized by a set intervention program, which the respondents will fulfill three times a week under my supervision and twice a week in their home.

### **Methods:**

The measurement was based on the footprint on the plate. The intervention plan includes methods such as sensorimotor stimulation, exteroceptive and proprioceptive facilitation, the Bobaths concept, dermo-neuro muscular therapy and lower limb massage with the greatest focus on the sole of the foot, ankle joints and muscles in the lower leg area. After completing the 3-month intervention, the final measurement will be carried out again with the help of the footprint on the plate and the subsequent survey.

### **Results:**

The results are presented in the form of graphs and tables. The Chippaux-Šmirák method will be used to obtain accurate data. After evaluating the results it was found, that after the first measurement, twelve out of thirteen footballers tested have flat foot. After the intervention, only two girls have a flat foot and only one lower limb. The results show that all players tested improved.

### **Key words:**

Foot anatomy, foot arches, foot print, intervention program, exercise units, foot massage