

ABSTRACT

Background: *Hallux valgus* (HV) is one of the most prevalent deformity of the foot. It causes foot pain, impairs balance and alters locomotor patterns.

Minimalist footwear presents new trend in shoes. Its manufacturers highlight its benefits for foot strength and function.

Research aims: To investigate, if minimalist footwear can be used in conservative therapy of *hallux valgus* due to its effect on foot function. Aim of this research was to evaluate effect of this shoes both on its own and in combination with physiotherapy.

Methods: Research had run for 7 weeks and changes in hallux valgus angle (HVA) and navicular drop (ND) has been compared. Then the effects of minimalist footwear and physiotherapeutic intervention has been evaluated.

Results: In all of the research groups was observed decrease in HVA when compared to control group, but wearing of minimalist shoes do not have significant effect on that change. Any factor have shown significant effect on ND changes

Conclusion: Any final statements can be concluded from this study. Next research should be done that lead for this goal. However, it seems that use of minimalist footwear can be useful supplement to physiotherapy of HV.

KEYWORDS

Hallux valgus
Minimalist footwear
Intrinsic foot muscles
Arches of the foot
Sensomotoric stimulation
Hallux valgus angle
Navicular drop