

ABSTRACT

Title: Occurrence of flatfeet and level of postural stability of children aged 6-11 years

Objectives: The target of my study was to do screening of postural stability and foot arch of primary school children. Another aim was to verify the incidence the relationship between functional flatfoot and postural stability among 6-11 age children with the usage of podoscope and dynamic balance test Mini BESTest.

Methods: The research was processed in 7. elementary schools located in Chomutov. In total participated 227 children 6 - 11 years old. The stability was evaluated according set of tests Mini-BESTest: Balance Evaluation Systems Test ©. Flat arch was examined by podoscope with two cameras and software MultiReha®. Data were evaluated in Microsoft Office Excel and RStudio.

Results: The average score of Mini BESTest of the monitored subject was 24,32. Females got higer score (24,66) compared to males (24,08). Physiological arch of the foot was diagnosed for 67 % of students, flatfoot for 14 %, highfoot for 19 %. The foot arch does not have influence on postural stability of pupils in younger school age.

Keywords: Mini BESTest, stability, foot arch, functional flatfoot, primary school age.