

ABSTRACT

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Title: Attitude of physiotherapists in the Czech Republic towards barefoot shoes

Objectives: The aim of this thesis is to find out what attitude physiotherapists have towards barefoot footwear, which factors they consider important when recommending it, what personal or professional experience and whether their views coincide with the findings of the literature.

Methods: An anonymous questionnaire was created on the Survio internet portal and 166 physiotherapists from the Czech Republic participated in the data collection. The results were subsequently processed in Microsoft Excel spreadsheet software and then analysed in SPSS statistical software.

Results: The research population consisted of 166 physiotherapists working in the Czech Republic. The results of the study showed a statistically significant association between familiarity with barefoot footwear and length of practice ($p = 0.001$), with higher levels of familiarity typically for respondents with shorter experience. It was also found that physiotherapists who wear barefoot shoes themselves are more likely to recommend them to their patients ($p < 0.001$), and that greater experience with patients using this type of shoe is associated with more positive ratings of its effects ($p = 0,008$). The most important factors influencing the recommendation of barefoot footwear were foot health (mean rating 5,23) and the type of physical activity performed (3,63). In terms of the suitability of barefoot footwear for specific groups, children were the most likely to give positive ratings (75,3 %), followed by people with foot deformities (53,6 %), while the older population had the lowest proportion of positive responses (42,1 %).

Keywords: barefoot footwear, minimalist shoes, minimal footwear, barefoot-inspired shoes, barefoot-style footwear, barefoot simulating shoes, physiotherapists