

ABSTRAKT:

Title: Offset of load to sole of feet of special Police units members

Objective: Objective of the thesis is to analyse causes and link between health problems and overload of the whole organism, lower extremities in particular. The issue has been narrowed down to special Police units, whose specific job increases strain to the whole organism as a result of using ballistic protective components.

Methodology: In cooperation with the Ortopedica company which specialises in production of surgical insoles, a method called podography is used for diagnostics of sole of the foot. It is a simple, not expensive and accessible method enabling to acquire two-dimensional image of surface of the foot sole. The Ortopedica company provided all necessary equipment, and has carried out expert evaluation of samples of Mayer's method.

For acquire of statements is used questionnaire survey. It is the method which explore and describe a behaviour and an opinion of specific group of people.

For collation of two groups of plantograms is used a method called comparison. The first group shows a condition of sole of foot after initial measurement. The second group shows a condition of sole of foot after the compensatory training.

Results: Results of the research are process as a case study. Results show impact of overload and possible positive influence of the selected therapy to foot arch.

Key words: sole of the foot, overload, special Police units, podography