

Title: Diagnosis of flatfoot with performance and elite athletes.

Summary: The main topic of the thesis is the issue of occurrence of flat for athletes - Athletes. The first part is about the anatomy of the foot. The second part consists of kinesiology analysis distribution of flat, clinical examination of the foot, alone therapy and prevention. Footwear is dedicated a separate chapter. I tried also to submit more detailed information on selecting the appropriate cross-country shoes for athletes with plochnožím. The third part consists of research, which is focused on the incidence of flat for athletes and top performance levels compared with amateur athletes. In doing so, we They came out a description of the current state of athletes foot. We contacted 100 respondents aged between 18-28 years who have submitted a survey and collected footprints (plantogram).

Method: The research methods for dynamic testing both feet were Strain gauge plate - Footscan. Investigations standing aspection served as an auxiliary. Written Survey examined the necessary history data. Captured plantogram were evaluated Method according Sztriter-Godunova.

Results: In the group of top athletes and performance, we found that 26% plantogram athletes showed signs of flat. It had a degree of flat 46% of examined II. degree was 14% III. grade was detected in 8%, and the dog was 6% excavatus investigated athletes. In the group of recreational athletes, we found that 48% of them have no symptoms flat foot, it had a degree of flat 28% II. degree was 10%, and III. degree of 6%. Dog excavatus was found in 8% of recreational athletes. Given these findings, it is necessary to pay more attention to prevention and treatment among výkonostními and athletes - athletes with plochnožím.

Keywords: Flat foot, diagnostics, therapy, foot arch, plantogram.