

ABSTRACT:

This bachelor thesis focuses on common deformity of the forefoot - hallux valgus and how it can be influenced in physiotherapy. In case of hallux valgus the first metatarsus deviates outwards and phalanges inwards.

There are several of the inducing causes. In most cases it is caused by heredity, hypermobility and unsuitable footwear.

In the theoretical part I apply myself to ontogenetic development and anatomical development of foot. I also mention the function of foot, gait and chaining muscle disorders in the musculoskeletal system. The biggest part is devoted to the deformity of hallux valgus, its characteristic, possible causes, prevention and the options of treatment by conservative and also surgical procedures.

In the practical part I employed the method of qualitative research. There were three patients with hallux valgus in the group I tested. With two of them I used the method of sensorimotor stimulation by Janda and Vávrová and with one of them I applied a kinesio tape. The therapies were supplemented by active targeted exercising. To verify the efficiency of the therapy I used, except the kinesiological examination, also the measuring with the Footscan® device. The outcome of the therapy are summarized in the discussion and the ending of the thesis

KEY WORDS:

hallux valgus, lower limb/extremity , Footscan, sensorimotor stimulation, kinesio taping