

Abstrakt

Title: Effect of constitutional hypermobility, obesity and the condition of the foot arch on the results of the Vélé test of primary school children

Objektives: The aim of my study was to establish whether the foot arch, scope of joint mobility and body weight affects the postural stability of primary school children. Another aim was to compare the incidence of functional flatfoot, constitutional hypermobility and obesity or overweight among school age children.

Methods: The data were processed from selected primary schools in Prague 6. In total participated 854 children 7 - 12 years old. The used methods were common and accessible physiotherapy methods. The stability was evaluated according Vélé test. Flat foot was examined aspection in standing, assessment of flexibility was performed while standing on tiptoes. Hypermobility was determined using test according to Janda and body weight was determined by body mass index. Data were evaluated in Microsoft Office Excel.

Results: We found that the evaluation of the Vélé test better performance girls than boys. Rigid flat foot was more common in pupils of 2nd class, functional flat foot in pupils of 6th class. Constitutional hypermobility suffer more girls 2nd class, overweight or obese suffer more girls of 6th class. We found that functional flat foot has a negative effect on the Vélé test. Contrarily, children with constitutional hypermobility reached better results Vélého test than children with a normal or reduced scope of motion. The results which confirm the negative impact of obesity or overweight, was unable to prove statistically.

Keywords: Vélé test, postural stability, constitutional hypermobility foot arch, functional flatfoot, obesity, overweight, primary school children

