

The first aim of this master thesis was to summarize the information on injuries of ligamentous apparatus of an ankle, lateral instability of a talar joint, conservative and operative therapy of these injuries with the emphasis on physiotherapeutical procedures in the therapy of ankle sprains. The second aim of the master thesis was to introduce surface electromyography as a possibility to examine objectively the differences in the activation of foot and shank muscles with healthy people and people with chronic instability of an ankle in different postural situations. The third aim was to use the theoretical knowledge in practice with patients who have sprained their ankle and to make a subjective and objective assessment of the therapy effect which is in progress.