

Autor's first name and surname: Mgr. Eva Kalvasová

Title of the doctoral thesis: Anterior talofibular ligament and its influence on the stability of the ankle.

Workplace: Institute of physiotherapy FTVS UK

Supervisor: doc. PaedDr. Dagmar Pavlů, CSc.

The year of the presentation: 2009  
A sprained ankle is the most common injury  
Most frequently spr

#### ABSTRACT:

**Introduction:** The anterior talofibular ligament (ATFL) lesion is the most frequent injury of the ankle joint. The ATFL protective function is changed during gait and is influenced by the incorrect foot position as well.

**Objective:** The objective is to describe the influence of ATFL on the ankle stability during gait and standing. The polemic discuss the optimal therapeutic treatment of the lateral ankle ligaments injury and the ankle instability.

**Methods:** Thematic analysis

**Results:** The foot segments position and the position of crus affects the function of ATFL. The ligament function is impaired by incorrect position of foot segments. In consequence the ligament cannot protect the ankle joint and the ankle joint instability and potential injury can occur. The optimal therapeutic treatment for ankle instability requires global approach to activate all components participating on postural stability.

**Conclusion:** The ATFL protective function is impaired by pathological changes in the foot segments position as a result of disturbed stereotypic movements.

**Key words:** lateral ankle injury, anterior talofibular ligament, lateral ankle instability, dynamic postural stability.