

This thesis focuses on the evaluation of a conservative approach to the hallux valgus deformity. 21 people took part in the empirical study in which the changes were tracked. I worked with a group of women who exercised regularly and a control group. The regularly exercising group participated in a 3-month therapeutic program led by a physiotherapist. Each of the participants was properly examined at the beginning of the program and after three months, when the program finished. Each examination consisted of a kinesiologic analysis, a plantography footprint, a foot X-ray, a pain evaluation (the numeric scale was used) and filling out a scoring scale questionnaire of American Orthopaedic Foot and Ankle Society (AOFAS). The changes of pain of the MTP or IP toe joint, the development of foot arch, changes of the toe valgus angle according to the X-rays and the overall score achieved in the AOFAS questionnaire were statistically evaluated. The ability to isolate toe abduction, right posture of the foot, stability of the axial joints and other changes were followed as well. After comparing the results the conclusion of the study is that the three-months physiotherapist-led program weaken the pain of MTP/IP toe joint, rise the score achieved in the AOFAS questionnaire, improve the foot posture and the overall stability as well as the stability of axial joints. Affecting adduction of the MTP toe joint and the development of foot arch was not statistically significantly demonstrated.