ABSTRACT

Title: The effect of flat feet on the stability of the ankle joint of floorball players.

Objectives: The main aim of this thesis is to determine whether a flat feet has any effects on the floorball players' ankle joint stability. Furthermore, the thesis focuses on the chronic ankle instability, other leg pathologies and on the options of therapeutic interventions. Eventually, the thesis provides summary and output data for physiotherapist, sport couches and the examined players.

Methods: First a literature study was conducted to establish a theoretical framework. Based on the feature/aspect examination of longitudinal foot arching and an initial questionnaire 10 particular subjects aged 22 to 29 were selected, all of them form the TJ Tatran Střešovice team. The subjects were divided in 2 groups - with longitudinal flat feet and without longitudinal flat feet pathology. The examined subjects were scored with negative points according to occurrence of any pathologies. Both groups were also benchmarked in the Star Excursion Balance Test that determined feet dynamic stability index.

Results: The examination proved that flat feet affects the stability of the ankle joint as the subjects of the group without longitudinal flat feet scored results that were 31% better than results of the subjects with longitudinal flat feet pathology. Furthermore, the Star Excursion Balance Test results of the group without longitudinal flat feet were on average 4.09 % better than results of the group with longitudinal flat feet pathology.

Keyword: flat feet, chronic ankle instability, sport, floorball, ankle anatomy, kinesiology, physiotherapy, ankle hypermobility, stepper cycle, feet biomechanics