Abstract

Title: Muscular disbalance of golf players

Purpose: The purpose of this bachelor thesis is to define the relationship between the movement golf swing and muscle disbalance on certain muscle groups based on six case studies using the Tensiomyography.

Methods: The bachelor thesis has the character of qualitative research. The measurements were made based on the assumption of characteristic muscle imbalances that could occur as a result of a golf swing. Six case studies have been carried out. The tensiomyography measuring instrument TMG 100 was used for measurements.

Results: Based on measurements of six probands, muscle disbalances were found on the upper body parts. Predominantly in muscle muscles deltoideus posterior and erector spinae and triceps brachii.