

Title: Scoliotic posture in children aged 11-15 years from the perspective of the physiotherapist

Subtitle: Floorball as a possible cause

**Abstract:**

The thesis consists of a theoretical and a practical part. The theoretical part provides an overview of this functional disorder among the causes of which are leg length discrepancy, incorrect sitting habit, one-sided sport, the burden of school bags and insufficient physical activity of children and youth. The theoretical part also contains an overview of preventative and possible corrective measures for this type of incorrect posture.

The practical part consists of three case studies of children aged 11-15 years (1 girl, 2 boys) who play floorball three times a week and suffer of scoliotic posture. Each case study contains a thorough initial and final kinesiological examination, proposes an individual therapy plan and describes its execution. The therapies lasted for 8 weeks and focused on stretching of contracted muscle groups, flatfoot treatment and strengthening of deep core stability muscles.

The results were used to create a set of suitable compensatory exercises which will be included as part of every training of youth in a Prague floorball team in order to reduce the number of cases of incorrect posture among these young players. The purpose of the present bachelor's thesis is the creation of these exercises and an overview of preventative measures.

**Keywords:** floorball, functional scoliosis, leg length discrepancy, scoliotic posture, sitting habit