

Abstract

Title: The effectiveness of McGill's method in the treatment of Vertebrogenic algic syndrome.

Objectives: The goal of this thesis was to determine the applicability of McGill's method to patients with diagnoses, that are collectively referred to as Vertebrogenic algic syndrome by comparing the measured data of proband with different locations of diagnosis of Vertebrogenic algic syndrome in the Czech Republic.

Methods: This is a pilot experimental research involving 10 probands diagnosed with Vertebrogenic algic syndrome in the cervical spine, 10 probands diagnosed with Vertebrogenic algic syndrome in the thoracic spine and 10 probands diagnosed with Vertebrogenic algic syndrome in the lumbar spine. Each participant underwent a kinesiological examination according to the McGill's principles together with a SF-36 questionnaire. Measured values were compared and provided a basis for testing the hypotheses. The thesis uses methods of research, observation, querying and comparison of collected data.

Results: Using the statistical analysis of the measured data demonstrated a positive effect of the McGill's treatment in terms of reduced pain in probands suffering from Vertebrogenic algic syndrome in all investigated locations. Comparing the measured data of individual groups shown that the difference in efficiency of using McGill's method is not statistically significant. In all tested probands there was also an improvement in strenght endurance in the area of trunk muscle groups, namely in the ventral, lateral and dorsal plane.

Keywords: McGill method, vertebrogenic algic syndrome, efficiency, stabilization