

## **Abstract**

**Title:** Effects of movement lesson inspired by Feldenkrais Method on thorax and pelvis movement in individuals after leg amputation

**Objectives:** The aim of this bachelor thesis is to evaluate the monitoring of influencing the extent and perception of movement of the chest and masters after the intervention of an exercise lesson inspired by the Feldenkrais method (FM) in individuals after amputation of the lower limb.

**Method:** It is a work with a theoretical-empirical structure, a quantitative approach with a controlled study. The topic of the research was monitoring the influence of the Feldenkrais method on the statics and dynamics of the pelvis, postural stabilization and subjective perception. The accuracy of pelvic reduction, the range of motion of the pelvis and chest were examined. The flexibility of the hamstrings and lumbar region was tested using the Sit and reach test. Subjective perception after the intervention was tested using a survey. A total of five probands were tested, each of whom underwent a separate intervention in the form of a Pelvic Lesson lesson from the Feldenkrais method.

**Results:** After the intervention of the Pelvic Clock lessons from FM, the probands did not increase the smoothness of the stabilizing movements of the pelvis. There have been improvements in changes in subjective perception of movement. After the FM intervention, according to the results, the probands showed an improvement in the flexibility of the hamstrings and in the low back.

**Key words:** lower limb amputation, Feldenkrais method, Pelvic clock, movement to self-awareness, inertial sensors