

## **Abstract**

**Title:** Use of stretching exercises as a compensation for overloaded muscle parts in case of football players

**Objectives:** Diagnose shortened muscle parts of the lower limbs in probands and on the basis of this diagnosis compile a compensation plan using stretching exercises to reduce muscle shortening of the examined muscle groups.

**Methods:** Functional muscle tests according to Janda (2004) were used for the research. These tests were used to examine shortened muscle groups in football players. A five-point scoring scale used for enroll the results, according to the head of this work, Dr. Hráský. After the first initial examination, a simple stretching exercise plan was drawn up to reduce muscle contraction. After two months of application of this program, an output measurement followed, which had the task of determining the degree of functionality of this program.

**Results:** Improving the muscular flexibility of the examined muscle parts after the application of the compensation plan, especially significantly visible in the group of probands who trained regularly under the supervision of the principal investigator throughout the research period.

**Keywords:** stretching, compensatory exercises, functional muscle tests, football training