

## **Abstract**

**A title:** A health psysical education as a part of prevention and a therapy of chronic low back pain.

**An focus of the diploma thesis:**

The main focus of the diploma thesis was found if is it possible with help of health physical education with specialization of activation of deep stabilising muscles of lumbar spine and pelvic muscles on chronic low back pain.

**A method:**

To acquaintance with clinic and treatment of chronic low back pain I examined 20 persons (in average age 34 years). For survey about every of patient I created a sheet, which occupies with the most important points of investigations thoracolumbar part, lumbar spine, sacroiliacal joint, a part of a pelvic and hip joints. As a subjective method I took a subjective survey of patient and an examination of deep stabilising muscles. As a objective method I took measurement Thomayer and Schober distances.

**Results:**

Regular activation of deep stabilising muscles calm down troubeles in the area of lumbar shoulder and it reduced level of tension of throat muscles. Regular activation of deep stabilising muscles of lumbar spine and pelvic muscles arranges a menstruation in sense of reduction pains and intensity of bleeding.

**Key words:** a chronic low back pain, a deep stabilising muscles, a health physical education.