

**Abstract:**

**Title of work:** The Influence of a Small Ball Facilitation on the Effect of Exercise after the Childbirth

**Aims:** To verify whether the application of a pelvic small ball facilitation after the childbirth has any influence on the correction of abdominal muscles diastasis and correction of pelvic floor disorders.

**Methods:** It is a qualitative research in which the method of combined experiment (extragroup and intragroup) was used. Ten participants took part in the research and were divided by a lot into two groups A and B. The group A did the prescribed configuration of exercises during the period of the puerperium while the group B did the same exercises besides made the pelvic small ball facilitation. The own evaluation was based on differences between input and output kinesiology analysis. The results were processed in Microsoft Office Excel XP.

**Results:** The first hypothesis was confirmed. The small ball facilitation supported the effectiveness of exercise. It was discovered that there was a complete correction of abdominal muscles diastasis in more cases in group B than in group A. The second hypothesis was also confirmed. The correction of urinal incontinence was made in a shorter period of time in group B than in group A. The results of the research cannot be accepted as generally valid because only a limited group of women passed the tests.

**Key words:** puerperium, exercise, human movement control, small ball facilitation, abdominal muscles diastasis, urinal incontinence.