

**ABSTRACT:**

**Non-specific Back Pain Syndrome and the Effect of the Exercise of the Deep Stabilising System on it.**

**AIMS:**

The aim was to verify the effect of the specific exercise programme (therapy of the vertebral column stabilisation system) on the soreness, body control and qualitative activation of the muscles of an individual with non-specific back pain syndrome.

**METHOD:**

The experimental sample consisted of seven female individuals ranging between 26 and 50 years of age. The individuals in the sample were subjected to a kinesiological examination and examination of their deep stabilising system. The body control was evaluated by the methods of Klein, Thomas and Mayer, the pain was measured by visual analog scale. The examinations and the application of the exercise programme took place between 4-5 weeks. The exercise was carried out individually in a home environment.

**RESULTS:**

All individuals in the sample experienced a significant reduction in the intensity of pain experienced, and the exercise resulted in the activation of the deep stabilising system.

**KEY WORDS:**

Non-specific Back Pain Syndrome, Deep Stabilising System (DSS), posture, posture correction, reflexive locomotion.