

Abstract

Title: Effect of mobility exercises in offline and online environment on subjective perception of back pain

Objectives: The main goal of this work was to determine whether the onset of daily mobility contributes to the reduction of individual's back pain perception. Within the work the results between the offline and online group was compared.

Methods: The diploma thesis has the character of qualitative research, where case study of 20 probands was applied. Online input and output questionnaires were compiled to obtain data, which respondents filled in at the beginning and end of the intervention.

Results: The research included 11 women and 9 men aged 21 - 44 years. Individuals have mostly sedentary jobs and some of them play recreational sports in their free time. At the end of the intervention, all individuals showed an improvement on the scale of the pain intensity, when the perceived back pain was alleviated or disappeared. The offline group performed better than the online group.

Conclusion: The study confirmed that the inclusion of daily mobility contributes to the reduction of subjectively perceived back pain. It confirmed that exercising in offline lessons is more effective than in an online environment.

Keywords: mobility, back pain, diaphragmatic breathing, torso stabilization, DNS