

## **Abstract**

**Title:** Impact of nape massage on postural stability

**Objectives:** The aim of this work is to find out if sport nape massage has an effect on postural stability.

**Methods:** The research was realized in form of quaziexperiment which was attended by 5 probands. Result of the measurement is consist of comparing the difference of postural stability before and after the nape massage. The results were obtained by Footscan pressure platform in Laboratory of sports motor skills at UK FTVS. At first we measured proband's weight and height, after that we measured postural stability. Then we performed nape massage on proband. And after the massage we measured again the postural stability.

**Results:** In the overall summary of the results of all measured stands, there was an improvement after massage in the parameter TTW (total travelled way) by 6,12 %. This value indicates a slight improvement, but statistically nothing significant happened. The results of lower limbs load ratio were also positive, when after applying nape massage there was improvement by 35,5 %. This means that in our research with five probands, nape massage had a positive effect on level of static postural stability.

**Keywords:** balance, footscan, sport massage, nape area