

Abstract

Title: Influence of trunk stabilization training on non-specific back pain in extra-league volleyball players

Objectives: Influence of non-specific back pain of extra-league volleyball player through torso stabilization training according to the method of Dynamic Neuromuscular Stabilization.

Methods: This is a qualitative case study research. The research uses the Young Spine Questionnaire, anamnesis, static and dynamic assessment of posture, examination of shortened and weakened muscles, testing of the deep stabilization system and the exercise of the compensation program.

Results: Exercise according to the DNS concept (for 12 weeks) had a positive effect on the removal of back pain in the neck, chest and lumbar region. It increased the strength of the core stabilization and thus positively affected the position of the body in individual developmental positions. As part of the correction of posture and elimination of muscle imbalances, exercise according to the DNS concept (for 12 weeks) had a positive effect on the position of the body in the pelvis and torso. Exercise had no significant effect on the position of the remaining body segments.

Keywords: Dynamic neuromuscular stabilization, case study, posture, deep stabilization system of the spine, corrective exercises.