Abstract

Title: Spine pains of gymnasts in selected gymnastic sports

Objectives: The aim of the thesis is to describe selected causes of spine pain in connection with the type of gymnastic sport, training load and specific moments when gymnasts feel pain in individual segments of the spine.

Methods: For the processing of the data, which was obtained through a questionnaire survey, we used selected methods of descriptive statistics, especially to determine the characteristics of the location and variability of the data. Subsequently, they were processed graphically and tables were created in the Excel.

Results: According to the results, 98 % of female gymnasts have experienced back pain at least once in their life. One of the causes is the training load, which has a big influence on the current health condition. The frequency of back pain among gymnasts training twenty or more hours per week with a training unit longer than three hours is bigger than in gymnasts with lower values. Regarding the performance level, female respondents competing at the national level feel more pain than at the highest elite level. In terms of individual sports, artistic gymnastics has the highest number of female respondents who experience back pain or have suffered a spinal injury. The most problematic part of the spine is the area of the lumbar spine (Me = 5) evaluated by the pain intensity scale from 0 to 10 points. According to the testimony of my respondents, the most common prevention, and method of treatment are rehabilitation, physiotherapy, and compensatory exercises.

Keywords: Gymnastic sports, spine pain, spine flexibility, training load