

Abstract

The terms open (OKC) and closed (CKC) kinematic (kinetic – OKIC and CKIC) chain are very often used in physiotherapy. However, this view has a problem in defining the chains. In theoretical part, we focused on definitions according to individual authors, publications and studies that mention the terms. Because the terms OKC and CKC are perceived very differently in the literature and many authors have adapted them to their image. Based on the acquired knowledge, we find the view of the kinematic chains to be insufficient, inconsistent and thus confusing. In the work, we focused on processing as many resources as possible with the given issue.

In the practical part, we used a structured questionnaire focused on therapists in clinical practice. We asked how they use the terms OKC and CKC (resp. OKIC and CKIC) and what experience do they have with the terms in their clinical practice. The aim was to find out: to description of which situations are these terms used for and how the terms are used in different kinesiological situations. To what extent are they used in accordance with the definitions or to what extent they differ from them.

Based on the results of the questionnaire and the mentioned literature sources, it can be concluded that in the physiotherapeutic society the terms OKC and CKC (resp. OKIC and CKIC) are rooted and often used. However, the problem lies in the ambiguity of the definitions and the very usage of these terms. We evaluated that the use of these terms is not effective to describe the exercises with. The question remains how to replace these terms.