

Abstract

The bachelor's thesis deals with the issue of joint blockages (often referred to as "joint dysfunctions" in the English literature), which represent a common functional problem of the musculoskeletal system, primarily in the spine. Joint blockages are associated with limited joint mobility, changes in the tension of the surrounding muscles, pain and disruption of biomechanical functions. Although these terms are commonly used in rehabilitation practice, their definitions remain a subject of discussion.

The aim of this thesis was to map the main theoretical concepts of the development of joint blockages, analyse mutual relationships and assess whether there is a consensus in the professional literature regarding their etiology. The processing was carried out in the form of a literature search using search databases such as PubMed, Scopus and Web of Science. Emphasis was placed on a systematic approach with PRISMA elements and a critical evaluation of selected studies using the CASP tool.

The results showed that four main theoretical concepts prevail in the current professional literature – mechanical, muscular, neurophysiological and biopsychosocial. Although there is no unified opinion among the individual approaches to date, some aspects are repeated across directions.

In conclusion, this thesis points out the need for terminological standardization of the concept "joint blockade", the definition which varies depending on the author's approach. At the same time, it highlights the need for more extensive critical research, which is not only insufficient, but also highly fragmented. This fact complicates the creation of a single scientific framework through the professional literature.