

## ABSTRACT

Severe idiopathic scoliosis often represents a therapeutic problem of how to influence a patient with these substantial spinal deformities for a long period of time. There are many possibilities to therapeutically affect the patient at the start of the therapy; but in order to prevent the defect's progression it is necessary to employ a long-term and even permanent care. The aim of this thesis is to demonstrate the possibility of influencing the position of the spine through dolphin style in the aquatic environment. Out of the usual rehabilitation facility the child may execute this training throughout the year while at the swimming pool. Children are very playful, and this swimming technique will be certainly appreciated during the summer holidays while swimming or snorkeling. Swimming is an ideal activity for engaging majority of muscle groups. Choice of functional activity was also made on the general view of the functional activities such as swimming with a large percentage involvement of muscle groups for the physical activity from the perspective of individuals with scoliotic posture.

Keywords: idiopathic scoliosis, constitutional hyper-mobility, dolphin style