

Summary

Title: Selected methods in recondition training of soccer player after plastic surgery LCA

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Objective: The main goal was monitoring of selected methods utilization in recondition training of soccer player after plastic surgery ACL. Another goal was level of stability and sensomotoric function evaluation. Also body composition mentoring during recondition block and the level of straining by means of mentoring hearth rate with respect to limited function of knee joint were held at the same time.

Methods: Sensomotoric functions and stability level analysis was based on diagnostics device MFT S3 Check utilization. Body structure was measured by a special weighing-machine TANITA – BC 545 and reaction of the organism to stress by sporttester Polar RS 400. Testing procedure of sensomotoric function, stability and body composition proceeded every week at the same day, at the same time. Monitoring of the organism reaction proceeded after every single training, then was evaluated

Results: In this thesis, we monitored the selected practices in recondition training of one player. We used longitudinal monitoring with conducted training units. In recondition training we applied physical activities, sensomotoric functions, compensatory exercise, fitness and individual workout with club physiotherapist. Physical activity in recondition training after ACL helped to returning of the player into training and match load.

Key words: soccer, recondition training, testing MFT S3 Check, sensomotoric functions, ACL, injury, workload