

## **Abstract**

### **Document Title:**

Effect of the motion therapy and the education in patients with disorder in lumbar region.

### **The Goal of the Thesis:**

The goal of this thesis is to form a motion and educational program applicable to persons with low back pain diagnosis and positively affect a state of their kinematic system, the subjective evaluation of a pain and a quality of life.

### **Method:**

In five single-shot case studies was performed an empirical research, preexperimental single-group design. The effect of the motion therapy and the ergonomic education in the low back pain, the muscular disbalance and the quality of life was monitored. I carried out an evaluation in the beginning of the treatment, immediately after the treatment termination and once again in interval of six months. The research data were obtained by analysis of the muscle test examination, the shortened muscles scale by Janda, the subjective evaluation of the pain and the evaluation of the BMI.

### **Results:**

All off the monitored persons were improved in spheres of the muscle strenght, the reduction of the muscle shortening in the predisposing muscles, the reduction of the subjective pain perception. The values of the BMI in persons with the overweight and the obesity were decreased. Four of five monitored persons were still later improved in all monitored criterions.

### **Keywords:**

vertebrogenic pain, muscular disbalance, functional disorders, motion therapy, school of back.