

## **Abstract**

### **Title**

Scoliosis correction in school-age children

### **Aims**

To introduce the ways of affecting scoliosis in school-age children using means of exercise and methods. To assess the influence of the targeted motion programme with the help of findings in developmental kinesiology and its positive influence on exercisers with scoliosis.

### **Method**

This work was compiled as a casuistic study where I chose and clearly arranged exercises with the use of findings in developmental kinesiology, which were supposed to affect favourably exercisers with scoliosis. The exercises were done with five exercisers of school age. Before performing the specified program of exercises and after a period of six months, the exercisers were examined and the results were further processed.

### **Results**

Based on the results of observation, it is possible to confirm that using means of exercise and a choice of appropriate exercises can favourably affect scoliosis and thus improve the quality of subsequent exercises.

### **Key words**

Scoliosis, diagnostics, prognosis, therapy, motion programme, scoliotic posture, Cobb's Angle, developmental kinesiology.