

Abstract

Name of thesis: Benefit from the use of fitness in physiotherapy

Aims: The purpose of this thesis is to analyze the present state of strength training in fitness centres in the Czech Republic and to deduce it's usage in physiotherapy.

Methods: This diploma paper is divided to two parts. The first part is a specific retrieval of the current state of the broad issues such as strength training in fitness centres, back pain, muscular system and their impact on physiotherapy. The second part consists of suggested guidelines for physiotherapists dealing with the problematic of back pain. It includes the initial physical examination, methods of strength workouts in fitness centres and a set of exercises with hooked illustrations.

Results: We compiled guidelines on the use of strength training in fitness centres in physiotherapy.

Key words: fitness, strength training, back pain, human muscular system