

## **Abstract:**

**Author:** Radka Kubů

**Name of the thesis:** Impact of complex movement therapy on bone density in patients with osteoporosis.

**Aim of the thesis:** To prove a positive impact of physical training programme on bone density in patients with osteoporosis and to evaluate contribution of physical activity on success rate of osteoporosis treatment.

**Method:** The thesis is based on the method of comparative experiment with the purpose to trace and prove a positive impact of the complex movement therapy on bone density at patients with diagnosed osteoporosis. The set of 25 women was divided into two groups, experimental and control ones. The research monitored parameters which were intentionally affected via controlled intervention in the experimental group. The method of the structured interview served for obtaining anamnestic data. The evaluation itself was carried out based on differences between both groups and within groups as well. Results have been processed in Microsoft Office Excel 2007.

**Results:** Physical activity is an important part of therapy at patients with osteoporosis. The research proved that after 12 months of a complex movement therapy bone density is affected positively.

**Key words:** osteoporosis, density, physical activity, therapy.