Abstraction

Bachelor's thesis "the therapeutic effect on constitutional hypermobility in a shoulder joint using selected elements of developmental kineziology" deals with constitutional hypermobility, joint instability in the shoulder joint and its therapeutic effect by using developmental kineziology. For the practical part of the selected kasuistika of two patients, with whom the practice was the strengthening of the muscles of the shoulder girdle, and thus affecting the instability in the joint.

Therapy takes place over a period of six weeks, when probandi practiced once a week for 90 minutes with the therapist and further every day 15 minutes without a therapist. After a six-week therapy was carried out control tests. Rehabillitačním effect was achieved partial improvement of stability, coordination and propriocepcie in the joints.