

# Annotation

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This bachelor's thesis is focused on physiological changes that could occur during pregnancy, on their impingement upon posture and possibilities of their changes. In the theoretical part there are described generally all physiological changes that arise in a pregnant woman's body, for example endocrinal, cardiovascular or neural changes etc. This paper further devotes onself to the particular trimesters of pregnancy, delivery and changes in the musculoskeletal system, physiotherapy, mode precautions and contraindications of exercising during the pregnancy. In the practical part there are elaborated three pregnant women's casuistry, these women were observed from the 18th to 38th week of the pregnancy and detailed sequent changes and inconveniences during the pregnancy were registered. In the conclusion of the practical part there are suggested exercises and some practice suitable for the pregnancy mode. There is a description of particular stretching, relaxation, strengthening or stabilisation exercises and practical prompts focused on troubled areas that are mostly encumbered during the pregnancy.