

Abstract

Title: Compensation of moving system by football players

Objectives:

The aim of this work was detect muscle imbalances on football player's feet. By all the players was founded moving stereotype of hip extension too.

Methods:

In this thesis we used the methods of posttest with consecutive imperative preexperiment. Obtained results of muscles imbalances and hip extension we compared with results after two months ongoing compensation program. We detected effect of moving compensation program by the Cohen „effect size“. We rated changes of muscles imbalances and hip extension. To obtaining results we used methods of dr. Janda.

Results:

After 2 months long compensation moving program it got by the testing football players to positive changes on their muscle imbalances. Moving stereotype of hip extension and size of testing muscles was after compensation moving program better. Compensation moving program was demonstrably effective.

Keywords: moving stereotyp, compensation program, moving systém, muscle imbalances