

# Annotation

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The aim of the bachelor work is to evaluate the importance and the effect of compensation exercises on the musculoskeletal system of rugby players. The task is to select suitable compensation exercises and integrate them into the training program. The compensation exercises are designed to eliminate or improve defects of movement stereotypes and prevent injuries.

The rugby players were chosen for this experiment according to their playing positions on the playing field. Each player worked to a personal exercise plan based on the results of the kinesiological analysis. After four months follow-up examination, collection of data and data processing were performed.