

ABSTRACT

Title: Functional stability and mobilization of the spine for subjects with chronic pain of the back.

Objectives: Aim of my work is to determine whether the specific kinetic intervention „Spiral stability and mobilization of the spine“ is effective exercise for subjects with chronic pain of the back.

Methods: It will behave like an randomized, single-factoring experiment. In addition to that may I speak about the experiment in which will be monitor kinetic changes of the subject in exist time interval. In pretest – in the beginning of the experiment and posttest – in the end of the experiment (i.e. after six months).

Women 42 years old will take part in that research. She has chronic pain of her the back and hypaesthesia in her bottom leg. It is after the surgical operation of the prolapsus of the intervertebra discus L5/S1.

The experiment will run through ambulatory in na Homolce hospital, in Prague. The representative selection will be generation of the informant, who will pass „Spiral stability and mobilization of the spine“ two-time per week. Kinetic programme will pass over in an individual one.

I will aim my experiment for the output variables: shortcut and weakened biceps, better mobility of the hinges so do the dysaesthesia and the hypessthesia.

Effects: Below I will tray to check over if the patient will have palliate of chronic pain of back with the help of appropriate exercises and with the help of verified positiones during that exercises. I will also check over if the intervention will exert influence up the patient's total fig nad also her subjective of the algaesthesia. I will be furture watch in my work if the exercises will rig the poor posture and also the daily wrong stereotypes.

Key words: Practice method, exercise, SM-system, exercises active rehabilitative, stereotypes kinetic, correction postural.