

Title

Use of Nordic Walking in physiotherapy

Abstract

Nordic Walking is a physical activity, which leads to a substitution of two points and three points stages. Nordic Walking demands great requirements on the circulatory and respiratory systems, increases metabolism, relieves joints and with a correct technique it involves up to 90% of the muscles.

The theoretical part of the thesis describes the history of Nordic Walking and its effects on human health. There is described the way of walking with poles for different terrains and with different difficulty. There is also compared the work of chosen muscles during the classic walking and Nordic walking. There is also described an anatomy of hip joint, his illness and physiotherapy.

The practical part describes the methodology of research. The aim of the research was to confirm the utility of Nordic Walking in physiotherapy. The work includes two case reports of patients with diseases of the hip, the therapy, a questionnaire and Footscan measuring. The research results show that Nordic Walking has therapeutic effects on the physical and mental aspects of man.

Key words

Nordic Walking, hip joint, Footscan