

## **Abstract**

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

**Objectives:** The aim of my work is to determine whether the specific kinetic intervention in form of „Spiral stabilization and mobilization of spine“ is an effective exercise for subjects with chronic back pain.

**Methods:** It was a case report study, single-factoring case history. Showcasing kinetic changes of the subject in exist time interval. In pretest – in the beginning of the case history- and posttest – in the end of the case history (i.e. after six months). Women 42 years old took a part in that research. She had chronic pain of her back and hypesthesia in her left leg, after the surgery of the prolapsus of the intervertebra discus L5/S1. The case history was ambulatory in Na Homolce hospital, in Prague. The woman had passed „Spiral stability and mobilization of the spine“ two-times per week. Kinetic programme was ran individulally. I aimed my case history for the output variables: shortened and weakened muscles, better mobility of the joints and the improvement of dysesthesia and hypesthesia.

**Effects:** The results of this process, which I applied for the patient mention above with chronical back pain, showed that the annoyances were improved. During choice kinetic intervention of the SM system. The first subjective improvement were felt by patient not until before three weeks of everyday exercises. However the objective improvement expressed till after six weeks in. The improvement occurred in myodynamia, in myoflexibility and also in overall body-control. The paraesthesia in the buttleft leg in the area of peroneus is just one persisting.

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