

In the theoretical part of this work there is described sport utility BOSU<sup>®</sup>, correct posture and its use. The next section describes the methodology that can be used i kinesiotherapy traumatic conditions of the lower extremity. The last theoretical part presents the anatomy of the knee joint.

The practical part describes two case reports of patients after surgery of the knee who attended the outpatient therapy. Both patients underwent a baseline examination, treatment plan prepared by the identified constraints, a therapy, final examination and evaluation of the effect of therapy. It was designed long-term treatment plan. Both patients intensively trained on the BOSU<sup>®</sup>.