

Anotace

This thesis focuses on the use of the concept Smisek system kinesiotherapy in vertebrogenic disease in the lumbar spine, which is one of the most common diseases of the spine. The theoretical part deals with the functional anatomy, biomechanics and function of the spine, pelvis, chest, deep stabilization of the spine, muscle chain, imbalance, mobility programs and methodology SM system. The practical part presents two case reports of patients with low back disease of the lumbar spine. Case reports are divided into kinesiology entrance examination physiotherapist, short-term treatment plan, therapy, kinesiology examination output physiotherapist.