

Abstract:

Title: Case study: The effectiveness of the compensation program aimed at reducing muscle imbalance type upper crossed syndrome.

Objectives: Creating a theoretical overview of the compensation program in the range of 10 weeks, which is required to determine the effect of intervention ready.

Methods: The study has a form of a case study. Case studies allow better explore into the issue and help to understand it. For data collection methods were used assessment of posture by view, muscle testing according to Janda, the deep stabilizing of the spine test by Kolář and goniometric measurement range of motion in joints.

Results: After a ten-week intervention was achieved to improvements in posture, especially in the area of enlarged thoracic kyphosis, which has been reduced. In the joint mobility measured goniometric was improved range of motion by 27%, the most striking difference was in the extension of the thoracic spine (about 213% compared to the input measurements). Increasing flexibility was also observed in the muscle test, where there was a positive effect on almost all compensated muscles. At the same time was confirm the hypothesis that activation of the deep stabilization system has an influence on the posture.

Keywords: pure posture, deep stabilization system, phasic and postural muscles.