

Abstract

Title: The Effect of Postural Therapy Using Posturomed on Jump in Basketball.

Objectives:

The aim of the thesis is to assess what effect the state of postural stabilization has on the jump height in basketball, to capture the level of postural stabilization before and after the 6-week proprioceptive postural therapy on Posturomed and to find out whether the jump height in probands changes after this therapy.

Methods:

The thesis included 30 probands - basketball players. 15 probands were assigned to the experimental group and 15 other probands were assigned to the control group. All probands underwent both the initial and the final jump height measurement. Each proband had 3 attempts, out of which the highest performance was recorded. The probands of the experimental group participated in a 6-week postural therapy. The therapy was carried out according to the concept of postural therapy on Posturomed by dr. Rašev. The data was evaluated in program Microsoft Office Excel. For the calculation of the unpaired t-test, statistical program SPSS was used.

Results:

Measurements confirmed the positive effect of the therapy on Posturomed on the jump height. The experimental group achieved a statistically significant difference in the jump height against the control group.

Keywords:

Vertical jump, basketball, postural stabilization, Posturomed.