

## ABSTRACT

The diaphragm is a flat muscle that separates the abdominal cavity from the chest cavity. It is shaped like a double domed vault, arched high in the chest. In addition to the best-known function as the main breathing muscle, the diaphragm has an effect on blood circulation in the body for proper function of the abdominal organs, breathing, complicit excretory processes and also helps in childbirth. It is therefore not neglect its function mainly visceral and postural function, which is recently very popular, exploration and is the main topic of this thesis. The diaphragm is one of the components of the deep spinal stabilizing system, whose activation is very effective in removing unwanted functional changes in the musculoskeletal system.

Part of this work is the examination of the active involvement of the diaphragm to the correct breathing stereotype and tests to activate the deep stabilizing system of the selected individuals.

Key words: diaphragm - breathing - posture - posture stabilization - deep stabilising system- diaphragm test – tests from australian school