

Abstract:**Title:**

The influence of skating frequency on muscle tone of musculus triceps surae.

Objective:

The aim of this master degree thesis is to determine whether and how much influence the frequency and intensity of isotonic load the muscle tone of musculus soleus during skating of a professional ice hockey player. The muscle tone of musculus soleus is the most objectively measured part of musculus triceps surae by myotonometer.

Methods:

The master degree thesis is divided into the theoretical part, the processed form of research that serves as a basis for investigation in the second, empirical part. Change in muscle tone of musculus soleus was investigated by using myotonometer, which followed after a full physiotherapy examination. It is quantitative research using quasi-experimental study. Measurements were performed on 10 subjects – professional ice hockey players who are fully manage the technique of skating on the ice, before load, after low frequency isotonic load and after high frequency isotonic load.

Conclusion:

The myotonometric measurements revealed that after low and high frequency isotonic load of skating on ice rink, the muscle tone of musculus soleus is the same or slightly lower than before load.

Keywords:

Muscle tone, myotonometer, musculus soleus, skating, ice hockey