

Abstract

Title of the master thesis: The evaluation of the effect of yoga asanas on the position of the pelvis

Abstract in English language:

The aim of this paper is to verify the influence of exercise-specific assemblies of yogic asanas on the position of the pelvis in the sagittal plane, as another parameter, we chose the change in extension of the spine in a plane sagittal. The two-month exercise program is compiled so that it can affect the length and tension of the major muscles, having an effect on the position of the pelvis and correct its excessive anteversion, or retroversion.

The content of the exercise program is supported by the theoretical background from the fields of anatomy, kinesiology, biomechanics, and also from the field of yogic theory and practice. The exercise was conducted once a week in groups (90 minutes), under the guidance of a physiotherapist and on the form of autotherapy in an abbreviated version (about 16 minutes) six times a week.

The exercise group comprised young people (n=12) aged 20-30 years without any known structural deformities axial body or a serious functional deficit of the locomotive body. The measurements have been carried out in the laboratory of biomechanics using 3D kinematic analysis system Qualisys.

The results indicate that the exercise of yoga asanas has an influence on both of us measured parameters.

English keywords: yoga, the position of the pelvis in the sagittal plane, anteversion of the pelvis

Scope of work: 64 pages

Language work: CZ