

Abstract

Title: Discrepancy of extension positions used in physiotherapy

Objectives: The aim of this thesis is to describe in detail selected extension position (bhudžangásána, úrdhvamukhašvanásána, McKenzie extension, extension from developmental kinesiology) and then using surface electromyography to verify the similarity and difference of selected muscle involvement in these positions. From these detection then conclude whether this practice often confused position brings the same or different therapeutic effect.

Methods: It is the type of quantitative research to theoretical and empirical character. The research method is observing (intra experiment). Using surface electromyography was sensed electrical activity m. trapezius (superior et inferior), m. erector spinae, mm. oblique, m. gluteus maximus and m. semitendinosus in 7 subjects in the implementation of extension positions.

Results: It was confirmed that for each of these positions was dominant different of the measured muscles. It was confirmed that the position bhudžangásána and úrdhvamukhašvanásána are described in the literature differently than is shown practical experiment. Other positions didn't confirm this statement. It was confirmed that each of mentioned positions has a different therapeutic effect.

Keywords: extension position, developmental kinesiology, yoga, McKenzie, bhudžangásána, úrdhvamukhašvanásána, surface electromyography