

This thesis deals with vertebrogenic children's and adults' disorders. The theoretical part focuses on a statistical review of vertebrogenic disorders, their causation and possible forms of prevention. The practical part consists of two case interpretations of patients with vertebrogenic disorders. To each of them an intervention physical activity plan based on their health history and physical activity history has been prepared. The result of this thesis confirms that a well-chosen physical activity can be used as prevention and is also a basis for most rehabilitation programs for patients with vertebrogenic disorders.