

Title: Comparison of agonistic and antagonistic muscles activity by Means of the EMG
Implementation of different rhythmic stabilization at choice facilitation patty.
Objective: using EMG measurements to compare the presence of symmetrical electrical activity
Selected agonist and antagonist muscles of the upper limb at different
how to perform rhythmic stabilization u! .diagonály HK Flexion PNF formula and determine
method embodiment rhythmic stabilization, which is characterized by the presence of most
symmetrical electromyographic activity of muscle we tested participating in the ~
above-mentioned movement pattern.

Method: An experienced physical therapist conducted a 6 probands three ways to perform
rhythmic stabilization and free kokontrakci without resistance at HK I. diagonal flexion formula
from PNF during which the monitored electromyographic activity of selected
agonistic and antagonistic muscles. The measured values are processed and
compared. Our work is focused on the presence of symmetric muscle activity
during rhythmic stabilization whether this affected sym.terie modus operandi
rhythmic stabilization.

Results: show that symmetrical muscle activity measured exhibits rhythmic
stabilization when the resistance placed proximally agonists and simultaneously distally
antagonists. Very similar results and small rozdfiy in muscle activity were ~ Isten
in rhythmic stabilization, when the resistance is given rotary components agonists and
and antagonists for free kokontrakce without resistance. The greatest difference in activity of muscles
has

rhythmic stabilization, when the resistance placed alternately agonists and antagonists.

Key words: proprioceptive neuromuscular facilitation, electromyography, m.
deltoid, m. biceps brachii, m. triceps brachii, m. flexor carpi radialis, m. extensor
carpi ulnaris.