

Abstract

Title: Effects of therapeutic physical education program on body posture in the elderly

Objectives: Demonstrate effect of yoga exercises, breathing exercises, Feldenkrais method, and others stretching exercises on Upper Crossed Syndrome in group of seniors

Methods: This bachelor thesis has a quasi-experimental character. It is a quality research of empirical character. The research group included six female retirees. Age average - 75,2 years. Observation postural assessment by Klein, Thomas and Mayer, Cramptons tests and Matthias test were the main methods of the research. Structure of this intervention was based on yoga exercises, breathing exercises, Feldenkrais method and others stretching exercises in range of 8 lessons.

Results: The results of this study confirms the influence of therapeutic physical education program on Upper Crossed Syndrome in group of seniors. In physical intervention which took 8 weeks were found positives results by: observation postural assessment by Klein, Thomas and Mayer 6 of 8 tested persons, in Cramptons tests only 1 of 6 positives results and in Matthias test were found 5 of 6 positive changes. In the end we could confirmed effect of therapeutic physical education on body posture. Mainly on Upper Crossed Syndrome in group of seniors by 8 weeks of intervention.

Key words: Yoga, Feldenkrais method, Upper Crossed Syndrome, body posture, observation postural assessment by Klein, Thomas and Mayer, Cramptons tests, Matthias test