BACHELOR THESIS ABSTRACT

First name and surename: Barbora, Bažantová.


Opponent:

Title of the bachelor thesis: Activation of deep stabilization system in patients with vertebral algic syndrome of low back spine.

Correction of stereotype movements in leisure activities.

Abstract:

Strengthen the muscles of deep stabilizing system of spine in patients with vertebral algic syndrome of low back spine. Three probands with this diagnosis went through ten therapeutic units during 8 months. The goal was to creat the new motion formula with activated deep stabilizing system of spine and correct the wrong motion stereotypes in ADL and leasure acitivities using the DNS method. Common leisure activity of all the paticipants is golf.

In the theoretical part, anatomy and kinesiology of the low back spine, kinesiology of scapula, deep stabilizing system of spine, vertebral algic syndrome, physiotherapeutic methods for the treatment of VAS and the basic of golf are described.

The practical part includes case reports of three probands with vertebral algic syndrome in the low back of spine. The results were evaluated based on videos from therapies and quastionnaire.

Key words: kinesiology, dynamic neuromuscular stabilization, ontogenesis of child