

BACHELOR THESIS ABSTRACT

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Title: Possibilities for the use of physiotherapy approaches in correction of university students' stress postural attitude

Subtitle: The comparison of compensatory exercise and apparatus therapy

Abstract:

This bachelor thesis examines the current issue of overloading young population due to overuse of modern technologies and permanent exposure of non-ergonomic spine positions. The bachelor thesis is divided into a theoretical and a practical part.

The theoretical part explains terms such as posture, postural stabilization and stability. The faulty posture, the cause and the consequences are described in detail. Furthermore, the section summarizes the existing literature on posture diagnostics, ergonomics and prevention.

The practical part processes four university student case reports on the subject's posture. The main method of data collection was rating by Klein, Thomas and Mayer.

The aim of this study is to compare the effects of compensatory exercise with those of device therapy Upright Go on students with faulty posture.

The main finding of this study is that compensatory exercise has a greater positive effect on posture than device therapy.

Key words: Posture, muscle dyscoordination, ergonomics, compensatory exercise, modern technology