Abstract

Autor:

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Title:

Evaluation of dynamic postural stability of rugby players

Objective:

The aim of this work is to find out how is the dynamic postural stability of rugby players different from the dynamic postural stability of healthy population with regular physical activity that does not perform rugby.

Methods:

In my diploma thesis I use the computer posturograph NeuroCom Smart EquiTest to record and measure dynamic postural stability. This device mainly focuses on examinations with the possibility of subsequent therapy of mainly functional disorders in the musculoskeletal, neuromuscular, sensory and vestibular apparatus. Seven rugby players from the Prague club RC Praga were selected for the research. The players were 18-34 years old. The original number of probands was 20, but due to the pandemic situation, less players were involved in the research overall. The measurement took place in October 2020 in the laboratory of the Department of Physiotherapy at the Faculty of Physical Education and Sport, Charles University. SMART EquiTest includes the following standardized evaluation protocols Sensory Organization Test (SOT), Motor Control Test (MCT), Adaptation Test (ADT), Limits of Stability (LOS), Rhythmic Weight Shift (RWS), Weight Bearing Squat (WBS), Unilateral Stance (US). The results of the diploma thesis were processed in the form of series of case studies.

Results:

In all tests, more rugby players had worse results than the control group. Rugby players showed a worse postural stability compared to the control group.

Keywords:

Dynamic postural stability, rugby, SMART EquiTest, Neurocom, stability, posture