

Abstract

Title: The most common difficulties in rowing - analysis and possibilities of prevention and compensation

Objectives: The main goal of this diploma thesis is to evaluate the most common difficulties and damage to the musculoskeletal system in rowers in the Czech Republic aged 15 to 40 years. Another goal is to evaluate the possible causes and risk factors of individual problems and damage, their treatment and prevention.

Methods: In this diploma thesis, the methods of literary research and the method of written questioning were used. The method of literary research was used to gain knowledge about the issue of rowing in domestic and foreign literature. The method of written questioning was used to find out data concerning the most common problems and damage to the musculoskeletal system, their prevention and treatment.

Results: Difficulties or damage to the musculoskeletal system are reported by 108 probands (49,54 % of respondents). A total of 252 difficulties or damage to the musculoskeletal system were recorded in rowers. The most common problem of rowers is muscle damage (18,15 % of all problems). The most common problems are located in the forearms and wrists (24,27 % of all problems), lumbar spine (23,01 % of all problems) and knee joint (17,16 % of all problems). The research confirmed only one hypothesis out of the four initially established hypotheses. It was confirmed that most difficulties and damage to the musculoskeletal system in rowers are addressed conservatively.

Keywords: rowing, difficulties and damage, prevention, regeneration, physiotherapy