

ABSTRACT

The Muscle Dysbalances of Ice Hockey Players in the Youth Category

Object: to find out what kind of muscle dysbalance do ice hockey players have, how severe are the symptoms, and to treat dysbalance by using compensational exercises.

Method: kvazieexperiment – we examined group of selected ice hockey players in the age of 8 to 10 years. We analysed functional condition of each individual based on the posture examination by Jaroš-Lomíček and Mattias. After eight months of compensational exercise program we identified the stage of improvement. In questionnaire we inquired about all of the kinds of sports the players do. We were interested if they practise some other sports as well or if the ice hockey is their only activity.

Results: preliminary measurements of all individuals showed different stages of muscle dysbalance that correspond to the game character, to usage of specific muscle groups and inadequate compensation. There were noticed positive changes in body-control of some players measured at the end.

Key words: ice hockey, muscle dysbalance, movement program