

Abstract

This bachelor thesis pursues the problematic of falls among seniors and possibilities of influencing the falls by affecting the seniors' stability and balance.

It present basic information about causes and consequence of falls among seniors and discusses possibilities of prevention of falls through a physiotherapy and movement. Further, it shows summary and any results of studies that aimed to influence the stability and prevention of the falls among seniors through various forms of physiotherapy. Most of these studies present the significance of balance and coordination exercises combined with resistance and endurance lokomotor training. The most frequent results of physiotherapy containing these elements are the improvement of the balance functions, the increase of muscle strength, the reduction of falls and the decrease of anxiety of falling. This bachelor thesis also includes a practical part containing casuistics of two patients at the risk of falling. After eight-week therapy of balance and fitness character, there was an improvement of several parameters of functional balance tests in both cases. There was also a questionnaire inquiry focused on the frequency of falls among seniors. There is a positive effect on the reduction of falls among seniors figuring from the results.