

## **Summary**

- Title:** Making use of compensation exercises in tennis with emphasis to eliminate negative stress of a lumbar backbone
- Objectives:** To summarise present knowledge of negative influences of tennis on the musculoskeletal system, especially a lumbar backbone, and at the same time to create a component which will include a complex of compensation exercises and can also help as a tool for trainers and tennis players.
- Methods:** The theoretical method will be used for the search and analysis of special written sources.
- Results:** A comprehensive set of key information were made by the result of the research which, in the first, phase, will be used as a tool for trainers and tennis players and next as a basic material for more detailed investigation of student field within diploma thesis
- Keywords:** tennis, compensation exercises, a lumbar part, physiological stress and musculoskeletal deficiency.