

Abstract

Title: Muscle imbalances and corrective exercises among adult male football players

Objectives:

1) Conduct a literature review to clarify the issue of muscle imbalances and to research muscle tests and corrective exercises.

2) On the basis of theoretical findings, observation and testing, design a set of corrective exercises. These were developed under the supervision of Ivana Cermakova, the head physiotherapist of the Rudolf and Stefanie's hospital in Benesov.

Method:

The main research method used is a review of related literature; other methods applied include observation and testing.

Outcomes:

The outcome of the thesis is a set of corrective exercises designed to eliminate muscle imbalances in adult male football players of FK Kavalier Sazava, representing class 1.A of the Benesov town district.

Key words:

soccer, muscular system, muscle imbalance, muscle tests, corrective exercises.