

Abstract

- Title:** Changes in the locomotor apparatus due to an injury with permanent consequences
- Objectives:** The aim of the diploma thesis is to define changes in motor system of chosen persons after injury using classic methods often used in physiotherapy. In addition, it presents some of the options of therapy and self-therapy, education and reeducation in the area of the client's behavior towards his health.
- Methods:** This diploma thesis is formed with use of qualitative research. It is a pilot study focused on five persons with permanent consequences in motor system. The content of examination is an anamnesis, an orientational static examination, an examination of shortened muscles, an examination of muscle strength, an evaluation of posture and body distances. All above were measured every 3 – 4 months, when the changes in body posture due to permanent consequences are observed.
- Results:** All data are processed using tables and graphs. Results have shown an improvement in all clients in different degree. Improvement in posture and activation of core muscles. Exercises also improved stereotype in breathing. Study has also shown importance of client's active cooperation to achieve the best results.
- Keywords:** Locomotor apparatus, injury, permanent consequences, physical activities, hypoactivity, type of department, compensatory exercise.