

Abstract

Bachelor's thesis is categorized as an empirical-theoretical work. Theoretical part is processed in the form of research, and is mainly focused on general characteristics of rolfing. Basic concepts, and their context are explained. Available literature and articles from web portals Google Scholar, Pubmed, Embase were used in the theoretical part. Studies occupied by the theme of rolfing are included in the first part.

Practical part consists of measured data from four probands, photos, description of methods of work, and graphical processing. Evaluating criteria consists of anamnesis (case history), visual inspection, plumage measurement, spinal motion measurement, visual analogue pain scale, emotional evaluation, and motion of fascias. The goal of the thesis is to show positive effects of rolfing. Gained results show a possible positive effect of the method on the human organism.