ABSTRACT

The main objective of this bachelor thesis was to ascertain whether healthy individuals will show positive results in the testing of the postural function according to dynamic neuromuscular stabilization. Outcomes of this study should demonstrate whether the tests are too strict and individuals will show over-positiveness (false positiveness).

Methods: Recruitment of the subjects was done via advertisement in the student groups of the 3rd faculty of medicine on the social media. Exclusion conditions were: chronic pain history, history of any surgeries and significant injuries, history of significant neurological and internal diseases. The subjective level of selfperception of health was assessed by visual analogue scale and inclusion condition was result $0 - 2$. The study included men and women in the age range of $18 - 26$ years.

13 tests of the postural function were assessed, three of them had two variations so there were 16 results. Every test included factors, which were rated on a scale $1 - 4$. Arithmetic mean of all the factors in the test demonstrated general result of the test. Result $\leq 2,5$ meant positivity of the test (pathology), result $> 2,5$ meant negativity of the test (physiological range).

Results: 39 students were interested in joining the study, 12 of them were excluded for not fulfilling the conditions and 5 of them resigned for personal reasons. 22 subjects were assessed (5 men and 17 women), average age of the assessed group was 20,55 years (men 21,2 years, women 20,35 years).

20 from 22 subjects had positive at least one test (91 % subjects). Ten subjects were positive in 25 % tests and more (4 tests and more), ten subjects were positive in 1-3 tests and two subjects had ideal postural function and did not show positiveness in any test. In average every subject was positive in 3,59 of the tests.

Conclusion: Young, healthy individuals manifested positiveness in the tests of the postural function.

Key words: posture, postural function, deep stabilizing system, dynamic neuromuscular stabilization