

Abstract

The aim of this thesis is to evaluate the effect of elbow joint position on the position of hand in selected yoga poses (cat pose, downward facing dog pose, upward facing dog pose). Then evaluate the suitability of verbal correction of elbow joint – that is often used in yoga classes. The theoretical part includes information about yoga, hypermobility, anatomy and kinesiology of elbow joint and hand and their mutual relationship. We include literature review of different views on the correct position of hand in poses where the upper limb is in supporting function. In 11 probands (10 females and 1 male) was measured the hyperextension (20.91 ± 4.68 degrees) of elbow joint on the dominant limb. Probands were at age of 27.6 ± 11.1 years. 3 of them regularly practice yoga, another 4 have met with yoga at least once. To evaluate the effect of elbow joint position on the position of hand we used pressure scan PEDIKOM to measure pressure distribution on palm. We also measured the angle of elbow joint before and after the correction using the goniometer. To evaluate palmar pressure changes we made a new evaluating scale. Hyperextended position was significant in cat pose ($p < 0,05$), in other two poses it was not ($p > 0,05$). The change of elbow joint position after correction was significant in all three poses ($p < 0,001$). The change of palmar pressure distribution after the elbow joint correction was not significant in any pose ($p > 0,05$).