

ABSTRACT

Title: The effect of stabilization and mobilization system on the postural stability of patients with spinal cord lesions

The main objective: The main objective of this document is to find out what effect on stability of the trunk in people with spinal cord lesions the exercise according to SM system by MUDr. Smíšek has. Another goal was to use a questionnaire to find out how self-sufficiency has been improved in people diagnosed with this disorder.

Methods: There were four people in this therapy – three males and one female in age from 24 to 50. They were divided into two groups of two. In the first group were people with quadriparesis and in the second with paraparesis. There was an initial examination at the beginning of the therapy and exit examination at the end. The whole therapy took three months. We tested the stability of the trunk during stretching arms forward, sideways and upward and we measured how long the patient would last in these positions. We also used a questionnaire to determine the effect of the therapy on the quality of life of the probands.

Results: According to the results we can see that regular exercise for three months improves stability of the trunk. Endurance time has increased, especially in stretching arms forward. All hypotheses have been confirmed and the goal of the work was met. There was not significant difference between the two groups and all probands had positive feedback. Based on the questionnaires we can see an improvement in self-sufficiency, especially in people with quadriparesis.

Keywords: SPS system, SM system, exercises according to Smíšek, MUDr. Smíšek, quadriparesis, paraparesis, spinal cord lesions, postural stability.