

BACHELOR THESIS ABSTRACT

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Title of the bachelor thesis: Compensatory exercise for powerlifting athletes

Abstract:

This bachelor thesis deals with the topic of using compensatory exercise for powerlifting competitors.

In the theoretical part compensatory exercise, powerlifting, the biomechanics of its individual disciplines, injuries in powerlifting and deep stabilization system was described.

The practical part includes case reports of two patients. The target group consist of male competitors in powerlifting. Two patients, with pain in the low back area, were participating in total seven weeks of therapy. The therapy occurred one to two times a week. The results were evaluated on the basis of subjective score of pain and objectively using tests on deep stabilization system by Kolář. PhysioSensing was used as another objective method to evaluate the results, where static analysis, limits of stability and weight distribution on the lower limbs at different degrees of flexion in the knee joints was measured.

The aim of the bachelor thesis is to map available literature related to compensatory exercise in relationship with powerlifting. Furthermore, raising awareness among powerlifters about the possibilities of prevention and compensation and creating a brochure with exercises that can be used to prevent this.

Key words: powerlifting, squat, bench press, dead lift, compensatory exercise