

Abstrakt bakalářské práce AJ

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Title: Use of selected concepts for active release of myofascial tissue

Abstract:

The theoretical part of the work first describes the morphology and physiology of fascial tissue, briefly describes the muscle tissue. Furthermore there are introduced and described selected concepts affecting myofascial tissues of the musculoskeletal system, which use the active participation of the patient in therapy. The theoretical part of the work includes the concept of Fascial release technique, the concept of Fascial fitness and methods of myofascial autotherapy. The practical part of the bachelor thesis evaluates the concept of Fascial release technique during physiotherapeutic intervention in two patients with pain in the dorsal part of the lower limbs of functional origin. The concept of Fascial release technique was evaluated according to the data from the input and output kinesiological analysis of the treated patients, subjectively evaluated by the patients through questionnaires and from the perspective of the therapist. By both patients, their difficulties in the monitored segments of the musculoskeletal system were alleviated. Active patient participation in therapy reduces the physical demands of myofascial therapies for the therapist.

Key words: myofascial, fascia, fascial, therapy, active, release,