

The thesis “Judging the influence of constitutional hypermobility on postural stability” focuses on the problem of constitutional hypermobility (CH) and the influence of joint instability on stability mechanisms. The aim of the research was to find out whether there is a difference in stability mechanisms with tested subjects with CH and without it. Furthermore, the research focuses on the influence of mobility techniques on postural stability by the means of chosen tests carried out on Balance Master® System platform. The tested sample includes 14 women aged from 20 to 28, 7 women with constitutional hypermobility and 7 women as a control group.

6 tests were chosen for the measurement on Balance Master® platform. 2 static tests: modified Clinical Test of Sensory Interaction on Balance (mCTSIB), Unilateral Stance (US), and 4 dynamic tests: Limits of Stability (LOS), Rhythmic weight shift (RWS), Step Up Over (SUO) a Forward Lunge (FL). We compared the medians of output values of individual tests.

It was assumed that subjects with KH would have significantly worse test results than the control group. Furthermore, it was supposed that the mobilization processes cause stability disturbance on the basis of cancellation of compensational , thus protective block in comparison with KS.