

This thesis, entitled “The effect of physiotherapy on the function of postural motorics in competitive sportsmen (tennis players)”, deals with how the activation of the deep stabilizing muscles affects postural functions in adolescent tennis players. A group of 13 competitive tennis players, aged between 10 and 17 years, were used as our probands. These subjects were examined with a bespoke set of tests of functions and then they were individually educated to train with a set of stabilization functions. After the therapy, they were re-examined with this set of tests again and the results of both sets of tests were compared and evaluated. In particular, we evaluated the changes in reactions of individual players, the changes in separate tests and in groups of tests, and the position of players in match rankings.