

Abstract

Playing a musical instrument is a very beautiful, but very physically demanding craft. Many musicians suffer from musculoskeletal pain caused, among other things, by a rigid, unchanging posture and a focus on performance at the expense of comfort.

The theoretical part of the thesis deals with the influence of music production on the musculoskeletal system of the musician and the possibilities of therapy aimed at improving sensorimotor skills and kinesthesia.

The practical part followed the influence of therapy inspired by the Feldenkrais method and Alexander's technique on the movement of the musician during and outside the performance. The research was conducted on 19 professional string musicians. Testing of probands consisted of measurements with inertial sensors, objective measurements of sensorimotor skills and kinesthesia and a questionnaire survey. The parameter measured by the inertial sensors was a jerk (indicates the smoothness of the movement). The results of the measurements show that, even after a single therapy, the smoothness of the chest movement improved statistically significantly.