

Bachelor thesis

Utilization of dance elements in physiotherapy

Abstract

Physiotherapy and dance have in common finding beauty of movement. In contemporary dance naturally occur positions from developmental kinesiology. This thesis brings suggestion of connection elements of contemporary dance and developmental kinesiology and their utilization in physiotherapy with aim to demonstrate and evaluate their effect. Influence of dance elements on musculoskeletal system is evaluated by detailed kinesiological analysis, measuring range of motion in joints, testing muscular force and locomotor stereotypes, and DNS tests. Practicing exercises with dance elements improves postural stabilization, coordination and quality of movement execution.