

## **BACHELOR THESIS ABSTRACT**

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**Title:** Role of physiotherapy in preventing injuries of floorball players

### **Abstract:**

This theoretical-practical thesis focuses on the role of physiotherapy in preventing injuries by floorball players.

The theoretical part consists of 6 various topics. The first topic is a general introduction to this sport, its history, rules, and course. The second topic focuses on the analysis of movement aspects typical for this sport, and the third one evaluates the impact of floorball on the musculoskeletal system. Next, the issue of the most common injuries in floorball and their causes are introduced. The fifth topic concentrates on the possibilities of prevention of injuries. The last topic is the role of physiotherapy and its application for intervention in preventing injuries in floorball.

The practical part has two aims. The primary one is to create a modified neuromuscular training program (inspired by a Finnish study by Pasanen et al. (2008b)) which is subsequently applied to the players. The program is used as a physiotherapist intervention for the prevention of injuries. The practical use of this program was tested in three case reports of players from the floorball team TJ Sokol Dobříš. The secondary aim is to map the presence of physiotherapists in the Czech floorball clubs through a questionnaire survey.

**Keywords:** Physiotherapy, floorball, injuries, prevention, neuromuscular training program