ABSTRACT

The topic of this thesis is stability, coordination and activation of patients after stabilization of the lumbar and cervical spine. The chapter Overview of the current state of the art describes posturography as such, the basic concepts involved, the neurophysiological management of postural control and balance, the management of upright standing and postural balance, the measurement and also assessment of balance and postural stability, clinical evaluation and the evaluation of therapies.

The Methodology section outlines the methodological approach that was chosen for the probands tested. In addition, the methods of measuring therapies include case-specific assessments of adaptation and reactive balance in standing, limits of stability, assessment of balance on a passive and flexible base, also assessment of balance with visual perturbation on a stable base, and assessment of squatting. The most important component of the Special Section is the case study and individual exercises within the therapy sessions.

The paper concludes with a summary of the results of the input and output data to show the overall effect of the therapy. The results confirm the benefit of posturography on the course of treatment. In the Discussion chapter, the disease, the pros and also cons of the device and the questions of the subjective questionnaire are discussed. The conclusion evaluates the achievement of the goals and the benefits of the therapy.

Keywords

Stabilization of the lumbar and cervical spine, posturography, Hunova Movendo, balance