

Abstract

Title: Intervention programmes for muscle imbalances of chosen women youth team

Objectives: The main task of this thesis is to create a compensational programme based on the functional level of musculoskeletal system whilst respecting the specificity of load in a group of basketball players. Then prove the positive influence of the intervention, which should harmonize the development of the musculoskeletal system.

Methods: Creating the interventional programme based on the results of testing of chosen muscle groups and following application. After the end of the intervention an output measurement is conducted, which is subsequently compared to the results of input measurements.

Results: The hypothesis that compensational programmes have positive effects on the musculoskeletal system condition were proven right.

Key words: compensatory exercises, muscle shortening, muscle weakening, basketball