

Abstract

Among physiotherapists there is high prevalence of musculoskeletal disorders, which disrupt their personal and work life. Substantial part of them reports, first disorders begun when they studied pregradual physiotherapy, which corresponds with modern research among physiotherapy students. The goal of this thesis is to measure prevalence of functional disorders in population of physiotherapy students.

In this study were 23 participants with average age of 20, which consisted of 21 women and 2 men. All functional disorders were examined during practical courses in subject "Fyzioterapie I", according to methodology taught on 3. faculty of medicine on Charles University. Examined functional disorders consisted of: side differences of anatomical circumference of limbs, range of motion in joints, trigger points, shortened muscles, hypermobility and examination by sight.

Muscle, which were shortened most often, was mm. erectores trunci and hamstring muscles. No significant difference was found in range of motion examination, same as in examination of length and circumference of limbs. Most prevalent pathology found in examination by sight was position of shoulders, pelvic, and examination with plumb line from side. Out of 56 muscles trigger points without motoric response were found in 39 % and trigger points with motoric response in 4 % of all examined muscles. Out of 7 tests of hypermobility 3,3 were positive on average.

This paper documents the prevalence of selected functional disorders in physiotherapy students, which include lateral differences between limb anatomical circumferences, range of motion in joints, trigger points, shortened muscles, hypermobility and incorrect posture.

Key words: Physiotherapy students, functional disorders, trigger points, hypermobility, posture, shortened muscles, range of motion