

Abstract

This bachelor's thesis examines the benefit of two different muscle tests in a group of female lacrosse players. The first of the muscle tests is the Isometric Break Test from the book Muscle testing; and a concise manual by Earle Abrahamson and Jane Langston (IBT), the second tests are Muscle Functional Tests by Professor Vladimír Janda (SFT). Two randomized groups were tested with both muscle tests, just in the opposite order. The participants filled out continuous questionnaires, from which it follows that both tests are beneficial for the participants. For the final questions, the majority of participants chose IBT as more difficult to perform but more time-efficient, more beneficial, and that they would rather work with it in their training plan in the future. When asked about a more physically pleasant muscle test, most participants chose SFT. In the study participants (lacrosse players), repetitive typically overloaded muscles were found, and on the contrary, typically weakened muscle parts.