

Abstract

The focus of this thesis are clinical tests for examining the stability of the cervical spine and their diagnostic parameters. The aim of the thesis was to summarize the knowledge about these tests and then to find out the knowledge and use of these tests among Czech physiotherapists through a questionnaire survey. The theoretical part is centred on kinesiology of the cervical spine, instability of the cervical spine and the tests themselves. The practical part contains a questionnaire survey and a case study of patient suffering from chronic cervical spine pain. The questionnaire survey was carried out in the form of a non-standardized questionnaire. Thirty-six respondents took part in the survey. Of these, fifteen respondents (41 %) did not know any of the questioned tests and could not use any test. Among the respondents, the most known (twenty one respondents), used (thirteen respondents) and preferred (ten respondents) was the deep neck flexors endurance test. When interpreting these results, it is necessary to take into account the insufficient number of respondents. The patient underwent four therapeutic units over the course of three weeks. The patient underwent an entrance and exit examination. She was examined through selected clinical tests and other examining methods. The patient also filled out the Czech version of the neck disability index (NDI) questionnaire. The patient experienced subjective improvement, an increase in the range of motion of the cervical spine, most significantly in lateroflexion of the cervical spine. The average time of the deep neck flexors endurance test from two trials increased from 19.87 s to 33.62 s. There was also an improvement in the NDI score of 8 points, which is considered clinically significant. These results point to a good short-term effect of the therapy.