

The thesis „Contemporary perspective on muscle imbalance of upper -crossed syndrom “deals with its etiology, then with kinesiological content and therapy principles in its background research. This problem is approached from the Czech and world point of view. The clinical experiment compares muscle activity with tendency to hyperreactivity linked to this type of imbalance in the group of patients suffering from respiratory disorders to control group of healthy probands. Sitting position, stand and stand with shoulder flexion are examined kinetic sequences whose selection was the result of their numerous representation in everyday life. Muscle imbalance of upper-crossed syndrom is present and chronically fixed in patients. Surface electromyography /sEMG/ is used as an objectivization method.