

The main therapeutical goal in patients with vertebral disorders is to influence the stabilizing function of muscles. It is not enough to simply exercise the muscle according to the function derived from its origin and insertion. During therapy we are not only interested in the strength of the muscle, but mostly in its participation in the coordination of movement. One of the most significant functional factors, which we should influence is the deep stabilisation spinal system. Muscles of this system should be activated during any state of loading. These muscles are involved automatically in the stabilisation system and also play a role in the protection of the spine against active forces. Dysfunctions of the deep stabilisation spinal system influence the occurrence of vertebral disorders. In this work we have focused on influencing the deep stabilisation spinal system muscles and on their activation in everyday activities.