

The thesis deals with a very common and often discussed topic which is a theme of various medical branches. The thesis itself is aimed at deep stabilizing muscle system and its influence on imperfect posture. From early age, the development of muscles of deep stabilizing system and their coactivation play an important role in general posture. First of all, this muscle dyscoordination leads to a postural deficit in adulthood. The main task of my thesis is to describe the system both from anatomical and functional point of view and to explain about possible ways of influencing deep stabilizing muscle system by physiotherapical methods and modification of movement stereotypes.