

The subject of my Bachelor thesis is impact of the „Spacecurl“ exercise therapy on a hip extension movement stereotype, objectified by PEMG.

In the theoretical part is intended to give a review of anatomy, biomechanics and kinesiology of the hip. There are also summarized information about the movement stereotypes according to Janda - mainly extension of the hip, the method PEMG, Sensory Motor Stimulation and the „Spacecurl“.

The second part is a practical and contains kinesiological analysis, screening method PEMG and exercise unit, the respondents conducted on the unit 9x (20 min, for 3 weeks).