

The aim of this thesis was to verify the effect of spiral stabilization on posture. Changes in motion system were monitored for a group of 21 volunteers who have been practicing the basic set of twelve exercises with "SM system for treatment and prevention of back pain" at least three times a week and at least for two months. The verification of the effect of spiral stabilization on posture has been done by measuring the difference in the amount of burden put on each leg on two scales, by diagnostic and evaluation part of the expert and information system Computer Kinesiology and by evaluation of relaxed stance from the side view.

On the chosen set of probands it was verified that the regular practice of twelve basic exercises with SM system has a positive impact on improving posture and musculoskeletal functions.