

Abstract:

Deep stabilizing system is a system of deep placed muscles, which are responsible for spine stability in calm position and during movement. Composition of this system is not totally explicit. Different authors, either native or foreigner, have different opinion on it. Kolář says, that this system includes deep cervical muscles, deep muscle system of the spine, muscles of the pelvic floor, stomach muscles and mostly diaphragm and its postural function. The content of this work in theoretical part is clarification of the term deep stabilizing system, introduction of its function and single elements in terms of anatomy, descriptoin of their basic functions, explanation of basic terms, which are relevant to this topic (for example posture, stabilization and stability). You can also find there different ways of testing and possibilities of physiotherapeutical influence of deep stabilizing system. Practical part of this work is qualitative research. For one month, I did therapy of two patiens, who have chronic back pain. After series of special tests, I detected disfunction of deep stabilizing system. I chose program of progressive dynamic stabilization of lumbar spine. You can find not only casuistry but also pictures of single elements of deep stabilizing system, few tests and program that I used in my therapy in supplement.

Key words:

deep stabilization system

posture

stability

musculus transversus abdominis

diaphragm