

Abstract

The practical part describes the progress of research on a group of 6 volunteers with a diagnose of the scoliosis. 8 static and dynamic tests were used to test the effect of SM-System - to assess differences of thoracolumbal triangles, to assess differences in shoulder height, for measurement of the distance from the knee to the ground in a sitting position, for measurement of the distance from acromion to the ground lying on the bed, to test the difference in standing on two scales, to test standing on one leg, to verify the involvement of latissimus dorsi spiral during exercise and to verify the involvement of the deep stabilization system during exercise. In the second part the effect of spiral stabilization was verified through examination in the diagnostic and therapeutic kinesiology computer system. In the third part the influence of SM-System exercise was assessed on subjective perception of proband pain.

Practically all tests with the spiral stabilization were proved as successful. Thus it was shown that SM-System exercise has a promising effect to the patients with scoliosis.