

**Title of thesis:** Physiotherapy in patients with hypermobility

**Abstract:**

This work addresses problems with a joint hypermobility. It comprises of two parts. In the first part the definition of the hypermobility by different authors is reviewed, followed by a description of its forms, examination and focus of the therapy. The goal of the practical part is to perform initial physiotherapeutic examination and several tests focused on hypermobility and stress tests with three probands with the joint hypermobility. Afterwards suitable therapy is designed. It was performed for two months as an individual exercise twice a week and as a group practice twice to three times a week. The group therapy was included in the final stage of the training. After two months the examination was repeated. The results show improved movement control during the performance of the stress tests. The medial knee collapse is less pronounced. Also some of the movement stereotypes improved (e. g., movement stereotype of push ups – reduced head protraction).

**Key words:** hypermobility, hypermobility and sport, case study, physiotherapeutic examination, therapy