

ABSTRACT

In my bachelor thesis I have focused on discopathy and its effects on postural system of individuals. I concentrate on changes of intervertebral disc in lumbar part of the spine, as they are the most common. From physiotherapist point of view, I consider this issue essential for subsequent adequate and succesful therapy.

Patients suffering from chronic low back pain present significant socio-economical problem. It is one of the most common problems, mainly because of lifestyle and absence of motional activity. Surprisingly, only a few authors deal with the effect of postural system based on discopathy.

Key words: *discopathies, intervertebral disc, chronic low back pain, postural system, changes of posture*