

ABSTRACT

Title: The effect of selected exercise trends activating core stability system in dialysed patients - overview of the literature.

Objective: Objective of this diploma thesis was to obtain and compare available studies dealing with exercise trends such as yoga, pilates, tai chi and balance training devices and to evaluate their effect on core stability system of dialysed patients.

Methods: This diploma thesis has descriptively-analytical character and is structured in a form of literary review.

Results: Issue of dialysis in connection with core stability system has not been sufficiently explored yet in literary sources. In conclusion, there were no studies found dealing with effects of particular exercise trends on core stability system of dialysed patients. In order to comprehend this issue an overview was written to define the effect of such trends on dialysed patients.

Also, complications arising from renal failure and dialysis were mentioned such as hypertension, diabetes melitus and obesity. The effect of these trends on core stability system of healthy population as well as patients suffering from chronic back pain was described too.

Conclusion: Some extent of coherence was found between strengthening core stability system and its effect on dialysed patients however further in-depth research is needed to fully comprehend this issue.

Key words: dialysis, yoga, pilates, tai chi, balance training devices, core stability training