

Abstract

Title: The influence of physiotherapeutic intervention with Propriomed on postural stability of 11-13 years old tennis players

Objectives: The main aim of this thesis is objectivize the influence of physiotherapeutic intervention involving exercise with Propriomed on the success of strokes and speed of the swing phase of 11-13 years old tennis players.

Methods: Teoretical part is composed like a recherche in which are informations that make base fot the practical part. For the practical part was made experimental study which contains sample of 17 probands in age between 11-13 that are active tennis players for more than 5 years. Pobands was divided into intervention group and control group. Intervention group had training with Propriomed once a week. Main task of study was analysis of succes rate and speed of the swing phase of different tennis shots before and after physiotherapeutic intervention with Propriomed and comparing results of both groups.

Results: In beckhand shot was observed statistically significant difference after finishing first intervention. It is possible to claim that training with Propriomed positively influence precision of the backhand shot in a short term. Proband reached the best results of succes rate of forehands after last measurement. From that we could claim that training with Propriomed positively influence precision in a long term.

Keywords: tennis, forehand, backhand, Propriomed, vibration, postural stability, succes rate of the stroke, speed of the stroke