

## **Abstract**

**Title:** Postural deviations and muscular dysbalance within ice hockey players in the 2nd ice hockey league of the Czech Republic

**Objectives:** The main objective of the thesis is to evaluate the effect of a regular three-month targeted compensatory program on the function of the locomotive system among the second league players in the Czech Republic by testing phasic and postural muscles and spinal mobility tests.

**Methods:** The empirical part was processed in quantitative research in the form of an experiment in which PRE and POST tests of phasic and postural muscles and tests of spinal mobility were used. The tests were identical at the beginning and at the end of the research. A set of compensation exercises was also set up.

**Results:** It has been discovered that the resulting muscular dysbalances and postural deviations can be corrected or eventually eliminated by means of a three-month intervention in the form of appropriate compensatory exercises.

**Key words:** postural muscles, phasic muscles, functional muscle tests, spine mobility tests, compensatory exercise