

## **Abstract**

This research thesis deals with the issue of sports in scoliosis. Its aim is to process professional studies that have examined the prevalence of scoliosis in various sports disciplines and to provide recommendations for sports activities for scoliotic patients. The thesis describes suitable and unsuitable sports or movement activities for patients with adolescent idiopathic scoliosis and explores whether it is appropriate to prohibit movement for these patients or not. We assume that physical activity in patients with scoliosis is more appropriate than an absolute ban on sports.

This assumption was confirmed in this thesis, although there are sports that can cause postural asymmetry and possibly even scoliosis. The level at which the sports activity is performed and the volume of activity are important.

As part of the research thesis, a case study of one scoliotic patient was included, and X-ray examination was used as an objective method of evaluation, which was performed twice with a time interval.