

Bibliografic identification

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Abstract

The diploma thesis deals with neurophysiological concept of body schema and evaluation of the effect of the Feldenkrais method (FM) on its quality. The research comprises two groups of probands without motor system disorders. The participants passed an investigation of the body schema quality by the following tests: a test of estimation of body dimensions (width of mouth, width of shoulders, width of hips and length of foot), a modification of Petrie's test, a test of proprioception and a test of graphesthesia. The examination was accomplished before FM investigation and after the course. The first group (group A) comprised 13 individuals (5 males, 8 females) who participated in a semestral course of FM, the second group of probands (group B) included 17 individuals (3 males, 14 females) underwent a two days long FM program. A significant improvement ($p = 0,0027$) in the estimation of the length of foot was detected after FM intervention in group B. There was not a significant improvement in any of estimated body dimensions in group A. There were not discovered any significant differences between values which were recorded before and after FM intervention in the modification of Petrie's test and the test of graphesthesia in both observed groups. A significant improvement was achieved after FM intervention in group A in the test of graphesthesia ($p = 0,0105$). Although the results of the research are not able to evaluate the effect of FM on the quality of body schema, it suggests a positive effect of this method on some of pursued parameters. The results may be utilized as a base of further studies of this issue.

Keywords

body schema, Feldenkrais method, awareness through movement, estimation of body dimensions, modification of Petrie's test, proprioception, graphesthesia