

ANOTATION

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This bachelor thesis is focused on the theoretical overview of the method of Kinesio Taping. It introduces the effects and ways of kinesiotape applications, it points to the possible indications and contraindications for this method.

The practical part examines a set of 15 probands with a lower back pain. The aim was to evaluate whether a single application of kinesiotape could reduce pain in the lower back. The data was collected through questionnaires and kinesiological examination. The results were recorded for better clarity in graphs and tables.