Commentary

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Factors Indicating a Significant Improvement in Physical Performance

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Description

Movement quality is a phenomenon frequently used by physiotherapists in oral language, written text, and clinical practice, with little clarification. The purpose was to investigate the lived experiences of a group of expert physiotherapists, searching for essential features and characteristics of the phenomenon. A phenomenological study, using in-depth interviews was chosen. Ten copies of Fine Art were used to stimulate the description of the phenomenon. The informants were 15 peer-designated physiotherapists, five from each field of neurology, psychosomatic/psychiatry and primary health care. They were nominated by physical therapist leaders in the region. The interviews were audiotaped and transcribed. Giorgis' recommendation concerning analysis of the interview data was followed. Four main themes were developed, seeing movement quality as biomechanical, physiological, psycho-socio-cultural, and existential, all interacting processes. Each theme includes preconditions to movement quality and movement characteristics. Movement quality in general was seen as a unifying phenomenon, representing a synthesis of the four themes. The outcome of the study is the Movement Quality Model (MQM) illuminating essential features and characteristics of the phenomenon. Further research is needed for clarification and application in clinical practice.

Static Postures

Evaluation of neck loads as a consequence of prolonged working postures involving the cervical spine requires quantification of forces and moments in the neck region as well as information on muscle activity. Many jobs are dominated by static postures of the cervical spine. In these situations, influence of forces produced by motion is limited and moments can be reliably estimated using a static link segment model. While EMG is used to estimate muscle force, link segment modeling contributes to an estimation of the total mechanical load on the body region. The attempt to achieve the championship forced the coaches to pay more attention to training children and adolescents. This procedure seems to be fundamental, but in practice it very often causes many errors, deformations or even degenerations. Most often, in the case of talented youth, there is a quick entry into sport for adults, often with temporary successes of young players. However, they are unprepared physically, mentally, technically and tactically. It is often accompanied by the exhaustion of a young athlete, both physically (injuries, permanent damage to the musculoskeletal system, problems in the field of motor coordination, lack of progress in the field of physical preparation) and mentally. Coordination abilities can be a diagnostic tool for monitoring the dynamics of their development and on the basis of them, conclusions can be drawn about the dynamics of physical health. The current knowledge and many years of training experience, not only in football, clearly show that properly selected methods and forms of training are the key to success. Perfectly matched training loads at individual stages of a player's development may bring in the future the result of an optimally prepared footballer for a world-class sport fight. Football is a team game in which the players should represent a sufficiently high level of speed, strength and coordination motor skills. The level of these abilities may depend on the task performed on the pitch as well as on the sport advancement. Coordination is one of the factors indicating a significant improvement in physical performance. This is confirmed by the directly proportional relationship between muscle strength and neuromuscular coordination. The aim of general coordination training is to develop, improve, stabilize and restore coordination skills or performance requirements in order to be able to successfully cope with all motor tasks in sport and everyday life. One of the coordination skills is balance, which is the ability to concentrate on one's own body. Balance has a direct and significant influence on the ability to dribble.

Postural Stability

A better balance of the body allows for better results in sports. As a result of the literature review, it can be stated that people from various sports disciplines training at a higher level have better balance than people who are just starting their training. The cause of problems and at the same time a greater risk of lower limb injuries is overweight. One of the effects of excessive fat mass in the torso reduces the degree of mobility, balance control and a decrease in postural stability. The foot is an important part of the musculoskeletal system. Its function is to support the conditioning of human movement. The foot is influenced by a number of factors that have a positive effect on it or contribute to the formation of defects. The use of the foot as a basic element in practicing football causes it to carry out

more work than during everyday activities. Biomechanical loads that the foot is subjected to while kicking a ball, the use of special and specific footwear and the varied terrain of various sports fields (compacted earth, grass, etc.) activate a number of muscles and joints that do not function with the same intensity and mobility in everyday life.