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### Effective exercises to improve muscle synergy, coordination and mobility: Procedures accoring Brügger-Concept

To improve muscle function and mobility is one of the main goals in physiotherapy and also in sport area. There exist a large number of procedures for achieving of this goal. In early 1950s Swiss neurologist Brügger developed a concept of diagnostic and treatment of functional disorders of locomotor system. His approach is widely used in Europe, particularly in German-speaking countries. Many of the principles of Brügger's work are now considered part of the modern standard care. Areas, in which can be used today Brügger-Concept or therapeutical elements from this concept, will be presented and documented by examples of research. Focus will be done on demonstration of various procedures and/or exercises to increase muscle synergy, to influence coordination and to improve stability. As a very beneficial procedures in Brügger concept is functional elastic resistance training with Sanctband, which can be optimally Dosages and adapt to all stages of recovery or treatment procedure in the physiotherapy and also in sport area. How to achieve optimal result in therapy and/or training, which must be carefully planned and functional establish, will be also discussed in the presentation.

### Biography

Pavlu Dagmar is an Associate Professor on Charles University, Czech Republic and is the Head of Department of Physiotherapy of FTVS. She has received her Master's degree in Physiotherapy and Doctor's degree in Pedagogy and has completed her PhD (CSc). Further, she earned the degree of an Associate Professor in Exercise Physiology. She was the President of the professional organization of Physiotherapists of the Czech Republic. She is a Member of accreditation board by ministry of health and also a Member of EC of association of rehabilitation and physical medicine in Czech Republic. She was the Vice-Chairman of European region of world confederation for physical therapy. Her current research interests include analysis of the effect of physiotherapeutical methods and she has altogether 150 publications to her credit.

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