

Title: Spirometric parameters and reaction of the circulatory system in musicians who play the wind instruments.

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The wind instrument system is bringing together a growing body of professionals interested in this subject. For many years, research has been conducted on the behavior of the body during physical exercise, which is also playing the wind instruments. This issue is not only related to respiratory function, which is essential here, but also to the muscular and circulatory system.
The aim of this study was to comparing parameters which describe the functions of respiratory system among people who play the wind instruments in relation to control group(people not- playing) and the mark of organism's reaction for physical exertion what is playing the wind instruments at an angle of changing pulse valve in exercises conditions and in stressful conditions (concerts). In this research 44 people, 23 women and 10 men in the age of 17-28 years took part in this research. In the group of players there were 22 people (11 women and 11 men), in the control group there were also 22 people (12 women and 10 men). Both groups took part in spirometry, the Flack test, converse Flack test and made the measurement of chest's movable and pulse. In the group of players found out that higher results in these problems like: the Flack test, chest movable and in particular breathing parameters. What is move, instrumentalists characterized lower pulse in proportion to the control group. The research showed that the regular breathing training among instrumentalists has a positive influence on functioning respiratory system.

Biography
My name is Monika Rogóż. I am physiotherapist by profession. I graduated from Jagiellonian Uniwersity Medical College, Faculty of Health Sciences. I am working in a Medical Security Team. I am PhD student at the Jagiellonian Uniwersity Medical College. I am interested in the ergonomics and physiology of physical activity. How does the body behave during all sorts of physical exertion.

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