Abstract

Title: Pelvic floor dysfunctions

Objectives: The aim of this thesis is to determine the effect of physiotherapy based on the methodology of Ludmila Mojzisova on patients that were showing pelvic floor dysfunction symptoms. The objective is to take the clinical picture of the patients and compare it to the typical findings of Mojzisova. Also to determine which one of the clinical history events had most likely the biggest impact on the development of the dysfunction.

Methodology: For the assessment of the effectiveness of the therapy on the patient, I used the pain scale called visual analogic scale (VAS), that was recorded at the beginning and at the end of the therapy. For the comparison of the clinical picture, I used the aspection while focusing on the divergence from the posture and assessment of spasms and blockades according to Mojzisova. This was completed with a test of stretching maneuvers and deep and superficial sensation. In order to determine the root cause of the problem of each patient, I used their clinical history.

Findings: This diploma thesis confirmed the benefit of the Mojzisova method therapy in lowering the pain levels and improving the functional state of probands. This was further confirmed by the clinical picture of the study subjects. The most probable root cause of the pelvic floor dysfunction was determined to be “birth” as shown by the clinical history of the study subjects.

Key word: dysfunction, pelvic floor, physiotherapy, methodology of Ludmila Mojzisova, coccyx