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Title of bachelor thesis: The Use of Elements of Fascial Manipulation in Patients with Low Back Pain

Abstract:

This bachelor thesis deals with an approach called Fascial Manipulation. Concretely, it is about the possibilities of using elements of this approach in patients with low back pain. Almost everybody somehow deals with low back pain in life. Fascial Manipulation could be the key in solving this problem. The thesis is divided into theoretical and practical part. The theoretical part is divided into four sections. The first one is about the anatomy of lower back, the second one is about lumbalgia in general, the third one is about fascial system highlighting the clinical point of view, the fourth one is about Fascial Manipulation. The practical part involves case studies of two patients with low back pain (chronic and acute). The aim of this part is to find out the effects of a therapy based on elements of FM in patients with lumbalgia. Every therapy took approximately 20-30 minutes and was held in a time period of 8 weeks.

Key words: low back pain, Fascial Manipulation, fascia, lumbalgie, manual techniques