

Abstract

Title: Evaluation of physiotherapeutical effect in patients after bariatric surgery.

Objectives: The aim of this thesis is to evaluate the effect of physiotherapy (aerobic and anaerobic training) on weight reduction (body composition), quality of life and response to load (affecting VO₂ max) in patients after bariatric surgery. After the evaluation of results, I would like to use the study to improve the quality of follow-up care in patients after bariatric surgery.

Methods: In this study the search method of available Czech and mainly foreign sources was used. Furthermore, the InBody was used to measure body weight and body composition. For the evaluation of quality of life the standardized questionnaire IWQOL – Lite (HRQoL) was used and the six-minute walk test and spiroergometry were used for the evaluation of response to exercise (VO₂ max). Additionally, the spiroergometry evaluated an influence on VO₂ max and overall condition in patients after bariatric surgery. The age range of probands was 50 to 64 years. For the analysis of final values a software Microsoft Excel 2007 was used.

Results: Two probands participated in the research, one of whom was a woman and one was a man of age 50 and 64 years. One of the probands (proband A) was measured before and after the three-months movement intervention (output spiroergometric measurements were performed for health reasons up to 6 weeks after the end of the three-month intervention) and the second proband (proband B) was measured before and after three test months without intervention. According to the resulting values, there was three months later, to reduce weight (change in body composition), improve quality of life, and after 4 and a half months to improve stress response (increase VO₂ max). In proband B, the results were worse in all except questionnaire survey where the results did not change.

Keywords: obesity, aerobic training, strengthening, weight loss, quality of life