BACHELOR THESIS ABSTRACT

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Title of bachelor thesis:
Physiotherapy Focused on Physical Activity Intolerance in Patients with Chronic Obstructive Pulmonary Disease

Abstract:

The thesis is divided into theoretical and practical part. The theoretical part is written in the form of literary research. It begins with a brief introduction to COPD, etiology, pathogenesis, epidemiology, and classification. Substantial part is devoted to clinical manifestations of the disease. Furthermore, it deals with physical activity in patients with COPD, which is the central topic of the work. Last but not least, lung rehabilitation and treatment options are mentioned.

The practical part of this work is focused on influencing the intolerance of physical activities of a patient with COPD. I set up a therapeutic unit to increase physical exercise tolerance. I verify the effectiveness of the therapy in the form of a case report, which contains the input and output examinations. The result is not only a positive effect of this therapy on physical exercise tolerance, but also on other symptoms that are often associated with this disease. The discussion explains how the results could be improved and how to make the therapy more effective.

Key words: Chronic obstructive pulmonary disease, adaptation to physical activity, physical activity intolerance, pulmonary rehabilitation, exercise training, respiratory physiotherapy