

## **Abstract**

- Author:** Alexandra Zonn
- Title:** Case study of physiotherapy treatment of a patient with low back pain
- Objectives:** The aim of this bachelor thesis is to consolidate and summarize theoretical information related to the issue of the pain in the lumbar area of the spine. Listing out appropriate diagnostic and therapeutic methods and approaches. Elaboration of a case study report of physiotherapeutic care for a patient according to given difficulties.
- Methods:** Physiotherapeutic methods and procedures, achieved during my three-year study experience of physiotherapy at the Faculty of Physical Education and Sport, at Charles University, were applied while elaborating a current case study report.
- Summary:** Current Bachelor's thesis was developed on the basis of completing a continuous professional practice at the University Hospital Královské Vinohrady in the period from 6.1. to 31.1.2020. The first part of the work is general and summarizes theoretical issues related to the issue of the pain in the lumbar area of the spine. The second part of the work is devoted to the elaboration of a case study report of a patient according to given difficulties. The case study report was constructed from the initial and final examination, process of the therapy and the final evaluation of the results.
- Keywords:** vertebrogenic pain syndrome, chronic back pain, lumbalgia, ischias