

Bachelor thesis abstract

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Title: Possibilities of physiotherapy in women with premenstrual syndrome

Subtitle: Using hormonal yoga therapy

Abstract:

This bachelor thesis discusses the possibilities of physiotherapy in women with premenstrual syndrome. Specifically, it deals with the use of hormonal yoga therapy. The thesis is divided into theoretical and practical part.

The theoretical part provides comprehensive information about the problematics of pelvis in terms of anatomy and kinesiology, as the core area of gynecological issues, about the premenstrual syndrome, its prevalence, symptoms, etiology, treatment, and so on and so forth. Furthermore, it deals with a possible projection of gynecological problems (even premenstrual syndrome) in musculoskeletal physiotherapy and with some selected physiotherapeutic methods usable in the treatment of premenstrual syndrome.

The practical part is processed in form of three case studies. It focuses on the evaluation of data obtained from questionnaires that track the severity of premenstrual symptoms, from daily exercise records, which provide information about frequency of exercise, and from kinesiological analysis.

The aim of this thesis is to determine, whether it is possible to alleviate the symptoms of premenstrual syndrome through regular exercise of hormonal yoga therapy and whether it is possible to achieve greater alleviation of premenstrual symptoms through more frequent exercise of hormonal yoga therapy.

In all three cases the regular exercise of hormonal yoga therapy led to mitigation of the manifestation of the symptoms of premenstrual syndrome. In the third case study, where the exercise was the most frequent, the symptoms were lowered the most. These results suggest that the aims of this thesis were met.

Key words: premenstrual syndrome, hormonal yoga therapy, physiotherapy