

ABSTRACT OF BACHELOR THESIS

Title: Use of yoga in physical therapy in patients with amyotrophic lateral sclerosis

Abstract

This bachelor thesis is focused on the use of yoga in physical therapy in patients with amyotrophic lateral sclerosis.

In the theoretical part the anatomy and physiology of the upper and lower motor neuron is explained as well as the symptoms of their lesion. Next, the problematics of amyotrophic lateral sclerosis is covered. Epidemiology, etiology, symptoms and different types of ALS are explained along with the description of each stage and the possible care in each of them. The second part of the theory covers yoga, most importantly yoga breathing, the importance of it and different types of techniques. Next, the execution of the asanas and their kinesiology are described. This thesis also covers the influence of yoga on mental and physical health, but also on the health condition of an ALS patient.

Practical part contains a handbook made for the purpose of this bachelor thesis. There are 4 yoga breathing techniques and 8 yoga positions that were chosen to improve breathing. This handbook was used in therapy of 2 ALS patients. The results from each therapy are part of 2 case reports that are also part of this thesis.

Key words

Motor neuron disease, ALS, physiotherapy, yoga, yoga breathing