

## **BACHELOR THESIS ABSTRACT**

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### **Title:**

Attitude to Rehabilitation and Exercise in People with Multiple Sclerosis

### **Abstract:**

The bachelor thesis addresses the attitude of patients with multiple sclerosis to rehabilitation and exercise. This bachelor thesis consists of theoretical and practical parts. The theoretical part includes a brief description of this disease and describes several possibilities of physiotherapy of multiple sclerosis. It also discusses the motivation of patients to exercise and appropriate physical activities. The practical part is based on a questionnaire survey conducted on the basis of a completed study in the MS Center at the Department of Neurology of the First Faculty of Medicine and General University Hospital in Prague. Data obtained from the rehabilitation questionnaire and the Godin-Shephard Leisure-Time Physical Activity questionnaire are processed in the form of tables and graphs. The aim of this work is to find out the patients' attitude to rehabilitation and exercise. I was interested in what motivates patients to physical activity and exercise, or what limits or prevents it. I also focused on monitoring the relation of demographic parameters to physical activities. The results showed a significant impact on physical activity in connection with neurological disability and fatigue, while age and gender did not show any significant connection. The practical part of the work also includes two case reports. Based on the results of the questionnaire survey and the studied literature I recommended appropriate physical activity for both patients.

### **Keywords:**

multiple sclerosis, rehabilitation, exercise, physical activity, motivation