

Abstract

This bachelor thesis is focused on the problematics of the Gastroesophageal Reflux Disease and on the possibilities of its treatment by physical therapy. According to The Montreal Consensus the gastroesophageal reflux disease is defined as a condition which develops when the reflux of stomach contents causes troublesome symptoms and/or complications. It ranks among the most common gastrointestinal diseases, its prevalence in Europe moves between 8,8 – 25,9 %. As the gastroesophageal reflux disease can be influenced by the patient's lifestyle we can classify it as a lifestyle disease. Theoretical part of the thesis introduces the disease, its etiopathogenesis, symptomatology, diagnostic and therapeutic possibilities. The main aim of the theoretical part is to state an overview of possible physical therapy in patients with this disease. The practical section of the thesis consists of two case reports which include examination in the beginning and at the end of the therapy and the description of the therapy itself.