

Abstract

Title: Patients' adherence to physiotherapy

Background: Physiotherapy includes many techniques, which can be effective during a treatment of musculoskeletal system. It is up to each patient, how he or she will approach to health. Evaluation of adherence to exercise can be beneficial in the beginning, during and after the end of physiotherapy.

Objectives: The aim of this study was using of the Exercise Adherence Rating Scale in Czech translation to find out how the patients adhere to a physiotherapeutic treatment plan and assess the causes.

Methods: The research group consisted of 151 respondents, older than 18 years and they completed physiotherapy at least once in their lives. For data collection was used the Exercise Adherence Rating Scale. The Scale was available via online research survey in March 2020 and self-selection was chosen.

Results: According to the results, 67 % employees participated in the research study. 63 % respondents were aged between 36 and 64 years. Physiotherapy was most often covered by insurance company. In EARS, excellent internal consistency values of Section B on the item level and satisfactory to good internal consistency values of Section C on the item level were obtained. Significant correlations of the EARS sections confirm criterion validity in terms of adherence. Rate of adherence significantly varies by gender, education, employment and form of physiotherapy payment. "Obstacles" played important role during measured adherence. With increasing age there was not necessarily a good feeling from performing the exercise. Retired people showed a lower degree of adherence, while economically active population had a rather greater degree of adherence. Higher level of education correlated with irregular doing exercise and its premature ending. Limits of the study pointed to low male participation in comparison to women 1:2.

Key words: adherence, barriers, treatment, physiotherapy, sports, pain