

Abstract

Title: Parkinson's disease (PD) in the context of comprehensive rehabilitation

Objectives: The aim of the thesis was to process knowledge about Parkinson's disease and methods of treatment. The practical part of it focused on examining the symptoms, methods of exercise and home conditions of patients with PD.

The results were used to make recommendation for these patients.

Methods: Within a theoretical part a survey was created and compiled for patients with PD. The survey anonymously addressed 15 respondents suffering from PD. The research took place in May 2021. The respondents' anonymisation was fully preserved.

Results: People with PD mostly suffer from symptoms such as rigidity, tremor and deterioration of cognitive abilities. Over 50% of the respondents do regular exercise on a ball. A smaller number of them do Yoga. None of them had experience with Schultz's autogenous training and Jacobson's progressive muscle relaxation.

Keywords: Treatment, physical activity, symptoms, Parkinson's disease, therapy, comprehensive rehabilitation.