

Abstract

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Title: The case study of physiotherapeutic treatment of a patient with vertebralgia syndrome of lumbar spine based on a cerebral palsy.

Objective: The aim of this bachelor's thesis is the general part of acquaintance with the diagnosis of a cerebral palsy and in the special part of the elaboration of patient's case with this diagnosis including examination, treatment and demonstration of sufficient knowledge and skills in the field.

Methods: The bachelor thesis consists of two main parts – general part and special part. The first general part covers the topic of cerebral palsy and it is elaborated in detail. This includes characteristics, epidemiology, etiology and pathogenesis. Furthermore it's individual forms of cerebral palsy and it's clinical picture. Problems of this disease in adulthood, imaging techniques, treatment of cerebral palsy including pharmacotherapy, physiotherapy and occupational therapy. Finally, the tests are being described by evaluating a patient with CP and prognosis. The special part explains a case report of a patient with this disease CP which includes anamnesis, input and output kinesiological analysis, design of short – term and long – term therapy plan, including the design of therapy. The individual therapies and the effect of the therapy are being described at the end of this special part.

Results: Acute back pain especially in the neck and lumbar region, was alleviated after the treatment. The patient's stereotype of walking and standing was improved. We managed to stretch some shortened muscles and improve joint ranges. The patient received a recommendation of home exercises for autotherapy.

Keywords: cerebral palsy (CP), physiotherapy, case study