

Thesis Discussion:

The work-placement of this thesis took place in the Rheumatology Department in Prague 2, Albertov. The case study was for a patient diagnosed with seronegative rheumatoid arthritis. According to the initial kinesiological examination we agreed with the patient for the short term and long term goals. Unfortunately due to the Covid-19 pandemic I was not able to do the final kinesiological examination as my patient was tested positive with Covid-19.

Nevertheless during the last sessions I observed the patient and we achieved significant changes according to the short-term rehabilitation goals. The patient was very satisfied and feeling better as she expressed to me. I am very glad that I had the chance to work with my patient, as she was motivated, positive and active during the therapies.

Can a patient with rheumatoid arthritis get better ? Yes they can, according to the stage and with the appropriate rehabilitation plan, that would prevent any further complications and progression. Furthermore with the right exercises and therapies the person can improve the quality of life and the activities of daily life.

Work methodology:

This research case study was approved by the Ethics Committee of the Faculty of Physical Education and Sport of Charles University under the registration number 071/2021.