

BACHELOR THESIS ABSTRACT

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Title of bachelor thesis: Use of yoga in therapy of obese patients

Abstract:

This bachelor thesis is focused on the use of yoga in physical therapy of obese patients. In the first half of the theoretical part, obesity is described including aspects connected with obesity such as epidemiology, etiopathogenesis, diagnostic criteria, comorbidities, specific examinations of obese patients, therapy and prevention of obesity. The second part of the theoretical part is focused on yoga in general, the types of yoga, the importance of breath in yoga, health benefits of yoga and yoga in connection with obese patients.

The practical part contains two case reports of obese patients. Those two reports consist of entrance and final examinations, visual analogue scale and functional tests. A plan of therapy using yoga was created in the form of a handbook. Therapy lasted for six weeks. After the last therapy, the suitability and effect of the chosen therapeutical approach in the two obese patients there was evaluated.

Keywords: Physiotherapy, yoga, obesity, breathing, physical activity