

ABSTRAKT BAKALÁŘSKÉ PRÁCE V AJ

Author: Tereza Panenková

Tutor: Mgr. Jindřiška Hálková

Title: The possibilities of physiotherapy in patients with Post-COVID-19 syndrome

Subtitle: Influencing respiratory capacity in patients with Post-COVID-19 syndrome using a combination of selected procedures from the Fascial Manipulation® Method, elements of the Dynamic Neuromuscular Stabilization (DNS) concept and elements of the concepts by Čápková

Abstract:

The bachelor thesis deals with the possibilities of physiotherapy in patients with Post-COVID-19 syndrome. The theoretical part covers a comprehensive overview of the given issue. It describes its terminology, epidemiology and pathophysiology. An extensive part is focused on characteristics of the clinical symptoms. The concluding part mentions the options of the therapy, which have been used for these patients so far, and characterizes applied physiotherapy methods.

The practical part includes two case histories of two female patients with Post-COVID-19 syndrome who underwent six therapies (patient number 2 only five) of the Fascial Manipulation® Method led by Mgr. Jindřiška Hálková and six therapies (patient number 2 only five) led by the author of the study. The patients also did exercises by themselves following a booklet developed by the author of the study. The main goal was to find out if the combination of the method and concepts can be effectively applied in the therapy of the patients with Post-COVID-19 syndrome, and if their respiratory capacity was extended, then. To reach the goal, a set of procedures from the Fascial Manipulation®, elements from the Dynamic Neuromuscular Stabilization (DNS) concept and elements from the concepts developed by Čápková were used. For the purpose of the study, the following measurements were conducted: the circumferential dimensions of the trunk (circumference of chest via mezosternale and xifosternale at maximum inhaling and exhaling), measurement of blood hemoglobine saturation by oxygen with the pulse oxymeter and 6 Minute Walk Test (6MWT). The results were assessed based on the comparison of the initial and final kinesiology examinations.

Key words: Post-COVID-19 syndrome, physiotherapy, Fascial Manipulation®, Dynamic neuromuscular stabilization, Basal postural programmes