

Abstract

Title: The utilization of the elements of the Feldenkrais method in an individual with a headache.

Objectives: The aim of this thesis was to assess the effect of exercising certain elements of the Feldenkrais method on individuals suffering from long-term headaches. Four exercise units containing elements of the Feldenkrais method have been created and evaluated with the aim of reducing the frequency and intensity of headaches and improving the range of motion of the cervical spine.

Methods: The methodology of the work was a mixed research in the form of a quasi-experiment. The observed set consisted of 13 persons suffering from headaches – 12 females, 1 male, aged from 21 to 38 years old (average of 30,3 years). The research part of the thesis focused on assessing the impact of 8 weeks of doing exercises with elements of the Feldenkrais method on the range of motion of the cervical spine, and the intensity and frequency of headaches. The intervention consisted of exercising in the subjects' home environment twice a week for a duration of 8 weeks according to individually designed plans containing elements of the Feldenkrais method. The means of data collection were kinesiological examination (especially for the range of motion of the cervical spine), standardized questionnaires, anamnestic and semi-structured interviews.

Results: During the observed 8-week interval after the exercise has taken place there has been a statistically significant reduction in the frequency and intensity of headaches compared to the 8-week interval prior to the experiment. The subjects have rated the intensity of headaches an average of 6.1 prior to the exercise and 4.9 after the exercise, resulting in an average decrease of 22,99%. The frequency of headaches has decreased by an average of 37,08%. For a goniometrically measured range of motion of the cervical spine there has been an increase of ROM Cp in extension, rotation and lateroflexion compared to the measured values prior to the exercise. There has not been a statistically significant change of ROM Cp in flexion. Functional spinal tests have shown increased values only for Čepoj's distance and Otto's reclining index.

Keywords: headaches, migraine, Feldenkrais method, lessons, exercise