

## **Abstract**

**Title:** Viscerovertebral relations focusing on GERD

**Objectives:** The thesis is focused on describing viscerovertebral relations focusing on GERD and physiotherapeutic possibilities of using these relations to influence this disease. It is divided into two parts - theoretical and research. The aim of the theoretical part is to summarize the current knowledge about GERD and mentioned viscerovertebral relations focusing on specific technique – stimulation of the Chapman points. The aim of the research part is to present the study to assess the effect of stimulation of the Chapman points in physiotherapy of patients with GERD.

**Methods:** The study consists of the application of a physiotherapy intervention to probands randomly divided into two groups - control and experimental. The intervention consisted of individual physiotherapy lasting approximately 45 minutes, once a week for 4 weeks, and self-therapy at home based on instructions. The therapy of both groups differed by the inclusion of the Chapman points stimulation in the experimental group. As a method of testing the effect of therapy, two standardized questionnaires were used to assess the symptoms and quality of life of patients with GERD - "GERD-HRQL" and "Relux symptom index podle Belafského ", which were presented to the probands before the start and after the end of the intervention. Individual physiotherapy of the probands was carried out in the premises of Palas Athena – Rehabilitace, s.r.o. (Kosmická 537, Prague 11).

**Results:** The experiment demonstrated a positive effect of currently recommended physiotherapeutic methods for the treatment of GERD in reducing the subjectively perceived symptoms of GERD in the control group. Also, the combination of these methods with the investigated technique of Chapman points stimulation led to a subjective improvement in the condition of the experimental group. However, after statistical data analysis, it became apparent that the difference in improvement between these two groups is not statistically significant. Therefore, we cannot definitively confirm that Chapman points stimulation is an effective technique for the therapy of GERD patients.

**Keywords:** gastroesophageal reflux disease, GERD, esophagus, stomach, viscerovertebral relations, Chapman points, physiotherapy