Abstract (in English)

This master thesis deals with themes of motivations and compliance to treatment recommendations in outpatient physiotherapy. In the theoretical section it brings an introduction to the issue of adherence as a part of medical rehabilitation. It sheds some light on the importance of the research in this field and structures its span according to prescribed diagnoses and other criteria. It also shows distinctions in concepts of compliance, concordance and adherence and summarizes the findings of the most relevant directions of motivation research in this area of study. The aim of the empirical part is to capture relations between the distribution of patients' personal causality orientation and their adherence to treatment. Based on the results of a DOPO method, self-assessment of adherence and evaluation of adherence by the treating physiotherapist, from the sample of 69 patients it concludes, that there is no statistically significant relation between the aforementioned variables.