

Abstrakt

Title: Realization of the vertical position in patientes with multiple disabilities.

Objective: Pick up on a program of patient reeducation in realization of vertical position of a patient and check the appropriate design of the rehabilitation process for the other two patiens with cerebral palsy and diparetic form of mental retardation.

Method: Through the case report is for three months monitored process of realization the vertical position of patient Martina aged 13 years, based on experiment established two years ago. This preexperiment, which was closed is now shifed to the next stage of locomotion. The study is extended for two more patiens: Paul aged 10 years and Erik aged 16 years. At the beginning and end of three months rehabilitation plan was carried out the classification of the state of pathological motor development, motor testing disability Ashworth's and Komanov's range and executed test of basal everyday activities. Rehabilitation plan was drawn using elements from the concept of husband and wife Bobath, realization of the vertical position from lower positions to higher positions with help or next to railing, walking with or without help around the plane and despiting obstacles, climbing stairs and exercises on labile surfaces.

Results: When comparing the initial examination with the final one, we can note that the proposed treatment

plan can be assessed positively. In patients with spastic form, reduce spasticity of the lower limbs and trunk and the inclusion movement patterns occurs. The patient is able to move on from lower positions into standing at the railing without assistance. In two other patients with the predominant hypotonic form, strengthen the muscles of the lower limbs and trunk occurred, they gained confidence and motivation-related with movement.

Key words: cerebral palsy, mental retardation, disability, realization of the vertical position, Bobath concept, unstable surface.