

In the beginning of my Bachelor thesis “The Swiss ball in Physiotherapy” I mention the basic information, the history, the application of this ball in terms of rehabilitation/ physical therapy and I describe the unique characteristics of this tool. I also discuss practical instructions for use, indication and contraindication for the therapeutic use of the Swiss ball.

In the second part of my thesis I describe the proper use of the ball in specific areas of medical application. These areas of focus include: clinical medicine, acute medicine, orthopedics, sports medicine, neurology and uro-gynecology. In the end of my thesis I claim the absence of the scientific evidence of this question.