

Abstract

Title: The influence of a passive rehabilitation on spasticity in multiple sclerosis

Objectives: The main objective is to summarize the current knowledge about multiple sclerosis and the possibilities of influencing the spasticity as a serious symptom. Another objective is to verify the effectiveness of the antispastic passive rehabilitation of the lower limbs of selected patient in practice.

Methods: Verification of the effectiveness of the system of antispastic passive rehabilitation of the lower limbs was through a qualitative research. For the work design is used the type of qualitative experiment. The research sample is a person with spasticity in the lower limbs. In the first two parts of the work was used an analysis of scientific literature and a content analysis. The strategy of data obtaining is also in the form of observation, interviewing, measuring, scale and variety. A medical documentation, anamnesis, casuistry and a secondary analysis were used.

Results: Individual use of each method resulted in the influence of spasticity only for a short time. Mobility was affected in the sense of passive movement the most after the soft techniques and massage therapy. The most striking results were achieved after the use of all methods when the spasticity was positively influenced in accordance with Modified Ashworth scale, even after three hours from the application. Already during the qualitative research a total relief was achieved by removing a pain and tiredness.

Keywords: Multiple sclerosis, spasticity, negative thermotherapy, „Míčková“ facilitation, modified Ashworth scale