

Abstract

Title: Effect of exercise therapy to Morbus Bechtěrev patients

Objectives: Aim of this Thesis is to collect and analyse the available information from Czech and foreign sources concerning the Morbus Bechtěrev disease. Aim of empiric part is to evaluate the effect of four-week spa therapy In the Lazne Bohdanec spa to the Morbus Bechtěrev patients.

Methods: Method of work consists of the study of available sources, assembling of theory part, collection and analysing of data and their statistical evaluation. For this research was used the standardised questionnaire method with added questions needed for the evaluation of hypotheses.

Results: By the analysing of 32 pairs of anonymous questionnaires was concluded that the effect of exercise therapy to patients is positive, but not permanent. It is necessary to look for new approaches to Morbus Bechtěrev cure and prevention.

Keywords: Morbus Bechtěrev, ankylozing spondylitis, spa therapy, exercise therapy, physical therapy.