The bachelor’s thesis deals with the adenoid hypertrophy problems. It is divided into a theoretical and a practical section. The theoretical one consists of a general and a special part. The theoretical section summarizes anatomical knowledge related to upper airway, describes some of the respiration physiology aspects and it also deals with the most frequent upper airway pathologies. The special part goes into details about the adenoid hypertrophy problems. It describes symptomatology, diagnostics and therapy possibilities. It widely investigates physiotherapy possibilities, breathing re-education in particular. The practical part contains outputs of a questionnaire research which took place at the ORL children clinic of the 2nd Faculty of Medicine, Charles University. It gathers information about each aspect of the problems. Based on the questionnaire research, an examination and a training of a selected group of patients suffering from adenoid hypertrophy, it compiles a possible training methodology and offers an information brochure to parents.