SUMMARY

**Title:** Case Study of physiotherapy treatment of a patient with the diagnosis of PVS as a result of disc herniation L4/5

**Author:** Martina Rousová

**Aim:** Summary of theoretical knowledge, the studies methodology of comprehensive rehabilitation, design and monitoring of therapy, in patient with disc herniation L4 / 5 which is manifested like a radiculopathy of L5 (S1) to the left lower extremity.

**Methods:** This study was a retrieval of a case study in professional practice, held from January 24, 2011 to February 18, 2011 at the University Hospital Vinohrady in Prague. The work is divided into two parts - general and special. The first (general) part deals with the theoretical knowledge of the spine in terms of anatomy, biomechanics and kinesiology, includes information about possibilities of physiotherapy practice and testing at a time when surgery is not indicated and conservative treatment is possible. Second (special) case report describes part of physiotherapy treatment of patients with PVS as a result of disc herniation L4 / 5, which is expressed as the L5 (S1) root syndrome on left lower extremity and proposes course of therapy and evaluated its effects. Therapy were doing during the hospitalization the patient on the neurological department and the final examination and analysis were done another day after the patient's discharge to homecare.

**Results:** The patient's clinical condition was significantly different before therapy and after therapy. It can be concluded that there was an almost complete disappearance of pain, return to work process and the normal daily load of patients, at least according to his subjective feelings. Objectively speaking, there were adjusted the stereotypes of standing and walking and there were improved reflexes on the left lower extremity. However there is still faulty physical stereotypes and low muscle strength of muscles left lower extremity.

**Key words:** spine, intervertebral disc, disc herniation, radicular syndrome, deep stabilization system, physiotherapy