

Abstract:**Bachelor thesis title:**

Case study of patient with diagnosis of lumbar and other intervertebral discs disease with radiculopathy.

Objectives:

Objective of this thesis is to describe physiotherapeutic procedures used to treat the patient diagnosed with lumbar and other intervertebral discs disease with radiculopathy.

General section of this thesis is focused on background theory reserach. The disease definition, etiology, clinical picture, diagnostics and conservative therapy used to treat said condition are all covered in this section. Spondylolisthesis classification and various imaging methods are further discussed.

Special section of this thesis covers the casuistry of the patient with said diagnosis. Twelve various therapies are descibed in this section. All of them were conducted in Central Military Hospital Prague, Ward unit of Department of Physical Medicine and Rehabilitation.

The whole therapy effect evaluation is covered in the thesis conclusion section.

Methods:

Methods developed by Janda, Vélé, Lewit, Pavlů and Kolář were used during the examination and therapy.

Results:

Loosening of the postoperative scar as well as of the right m. triceps surae soleus was achieved. Breathing stereotype was adjusted, abdominal muscles activated and the ribs positioning during inspiration was lowered.

Key Words:

Spondylolisthesis, Stability System, Conservative Therapy