

## ABSTRACT

Case study: Physiotherapy treatment of a patient with diagnosis of disc herniation and spondylolisthesis of L5-S1.

Nazev: Fyzioterapie léčba pacienta s diagnózou herniace disku a spondylolistéza z L5-S1.

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### *Summary*

In this case study I negotiate the topic mentioned above and I quote the two main approaches. The theoretical approach with a close aspection to the functional and structural mechanism of the spinal column, combined to the biomechanical and kinesiological approach, focused more on lumbar spine, and the pathological disturbances that may arise in this region, in this case it will be about disc herniation.

The other approach that completes my study work is the practical one and it concerns the application of rehabilitation and physiotherapy principles in order to treat the post-operative sequences that follow and how the treatment plan of short and long term of rehabilitation will look like. My bachelor's thesis practice took place in Ustředni Vojenská Nemocnice Praha during the period of 16.1-27.1 at the department of neurosurgery and also at the department of out coming patients. I used my knowledge that I gained these years while studying at Charles University at the department of Physiotherapy and applied for the best results according to the patients' situation.

My patient is a woman who suffered from chronic lumbalgia and two weeks ago after an overloading at lumbar region, a disc herniation occurred at the segments of L5-S1 (right side). Therapy lasted two weeks and included four sessions. Patient after the sessions has got improved in terms of better ROM in hip knee and ankle joint (mostly right one) in all the directions and also her walking pattern and coordination. Muscle balance and functional motor fashion in the proper way was the goal in her while being able to return to her ADL as well.

Key words: lumbar disc herniation, stress mechanism and loading, IVD, back pain, physiotherapy.