

# Abstract

## **The title of thesis:**

Utilisation of physiotherapeutical procedures and methods in patients with the multiple sclerosis.

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This work is divided into theoretical and practical part. The content of the first part is a study of theoretical works related to multiple sclerosis.

The main chapters are devoted to history of multiple sclerosis, the definition of why and how the disease arises, the types of disease, clinical presentation, diagnosis, therapy, disease incidence and complications that can occur to people with this disease. Finally, I looked at various physiotherapeutic procedures and methods related to this disease.

In the practical part of the thesis, a qualitative research method – case study – was used. The research was conducted at the Center for demyelination disorders (MS center) at the Charles Square. The test set consisted of two probands with a diagnosis of cerebro-spinal multiple sclerosis, specifically of the relapsing – remitting form of disease. These diagnoses were determined by the attending physician of the probands. During the physiotherapy I used elements of the Bobath concept. The practical part also includes two case reports and subjective evaluation of physical therapy that were recorded by the patients after physiotherapy. The results are processed in the form of case studies. Both observed patients showed signs of decreased pain and met predetermined goals for rehabilitation. Assuming that patients will endeavour to do auto-therapy and care about preventing eliminating the problems.

This bachelor thesis may serve as a study of theoretical basis to the medical student of health school courses. It can also serve as an inspiration to the physical therapists when proposing rehabilitation plan for patients with cerebro-spinal multiple sclerosis.

**Key words:** multiple sclerosis, demyelinating disease, spasticity, paresthesia, Bobath Concept