

Abstract

Bachelor thesis discusses the issue of juvenile idiopathic arthritis (JIA). It deals specifically with principles, selection and application of appropriate physical activities that are a significant part of the overall treatment of patients affected by JIA.

The theoretical part focuses on basic terms and the summarization of findings about JIA; it further deals with causing factors, clinical manifestation, diagnosis and treatment options.

The purpose and importance of physical therapy is described in the special part. For each stage of the disease appropriate set of exercises and principles of movements for individual human body joints are presented, with more options of physical activities suitable for a complex physical treatment.

The practical part then presents a case study of an individual with juvenile idiopathic arthritis who has undergone a kinesiological examination which was a basis for creating a short-term and a long-term exercise plan.