

Abstract

Myasthenia gravis is an autoimmune disease affecting the neuromuscular transmission. It manifests in muscular weakness and tiredness, which characteristically fluctuate and change throughout the time. The most typically affected muscles are extraocular, mimic, oropharyngeal and the muscles of lower and upper extremities. An examination of affected groups of muscles and preserving the function of respiratory muscles are essential. The danger of respiratory difficulties is aggravated by worsening physical condition, which comes as a consequence of muscular weakness and with the onset of the myasthenic crisis. This paper is aimed at using physiotherapy in treating a myasthenic patient. Considering the patient's condition, a respiratory physiotherapy, orofacial stimulation and kinesiotape may be used in therapy of these patients. The case study mentions also sensorimotor stimulation and nordic walking to improve physical fitness. The aim of the therapy is timely prevention of potential complications and their solving. The paper contains a case study of a myasthenic patient.