

Abstract

Author: Klára Plichtová
Institution: Rehabilitation, Faculty of Medicine in Hradec Kralove
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Supervisor: Martina Hoskovcová, MD
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Summary: The thesis deals with the possibility of influencing aerobic capacity in patients with Parkinson's disease through aerobic-resistant training. It compares two forms of training, a real one (group aerobic-resistant circuit training) and a virtual one (Xbox game console and Kinect sensor). To assess the effect of aerobic-resistant training following assessment was used: spiroergometric examination, UPDRS III motor score, 6MWT, MINI BESTest, PDQ-39 and lower limb muscle strength measuring. The study group included 8 patients with Parkinson's disease. The thesis confirms in a case report form the results of recently published studies that recomend aerobic-resistant training in patients with Parkinson's disease and briefly discusses the advantages and disadvantages of both examined forms.