

Abstract: The bachelor's thesis deals with the physiotherapy of a spinal disc protrusion in the lumbar region, which is a possible cause of intense pain and often leads to decrease of one's life quality. The thesis is divided into two parts. The theoretical part discusses functional spinal anatomy and adjacent structures and the influence of ontogenetic development on the motoric apparatus. It describes possible clinical symptoms and diagnostical procedures. It is concerned with the most used therapeutic practices of kinesiology, physical therapy and special treatments and also covers the possibility of health resort therapy. In the empirical part are described case reports of three chronic patients with different types of disc protrusion manifestation in the lumbar region with short-term and long-term physiotherapeutic plan. In the discussion it contemplates the possible causes of the difficulties, prognosis of the sickness, prevention and psychosocial support for chronically sick patients