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Title of bachelor thesis: Physiotherapy treatment for patients following a fractured lumbar vertebra, focusing on conservative treatment using some elements of the McKenzie method

## **ABSTRACT**

This bachelor thesis focuses on the possibilities of physiotherapy treatment as a part of conservative type of treatment for patients who have had a fracture of the lumbar spine. The general part consists mainly of anatomy and kinesiology of lumbar spine, classification and diagnostics of fractures of the lumbar vertebrae. The special section presents case histories of two patients who were treated by conservative type of treatment. With these patients, I did a therapy under the supervision of an experienced physiotherapist, focusing particularly on using of the McKenzie method. Patients were instructed to independently exercise that was focused on recovery the ROM of the lumbar spine, eliminating pain and reducing the overall feeling of stiffness in this area. Next part of this bachelor thesis is a manual with photographs, which contains information about a Jewett corset that patients wear a few weeks after the injury and provides detailed explanations of exercises to recovery the ROM of your spine.

**Key words:** conservative treatment, fracture, lumbar spine, the McKenzie method, vertebra