

Annotation

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Title of Bachelor's thesis: ACT® – Influence on Backache during the Pregnancy and Puerperium

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Bachelor thesis deals with the method ACT® – acral coactivation therapy and its application of back pain in pregnancy and in the postpartum period.

In the theoretical part of this thesis is the anatomy of the spine, planes and dimensions of the pelvic stabilizing system of the spine and the importance of muscle systematization . Another chapter is a method of ACT® – acral coactivation therapy, which describes its principles. The last chapter is about pregnancy itself, change of it and nourishment. The practical part included two case reports of pregnant patients with back pain. Both attended the outpatient rehabilitation. They were treated conservatively, one with low back pain, the one with a sore a lower thoracic and upper lumbar spine. Each of the patients there is done input and output kinesiology examination, short-term and long-term treatment plan, noted the course of therapy and there is also evaluated the success of therapy.