

## **Abstract**

**Thesis title:** Physiotherapy treatment of a patient with diagnosis of lumbar intervertebral disk herniation with radiculopathy.

**Název práce:** Fyzioterapie pacienta s diagnózou herniace bederní meziobratlové ploténky s radikulopatií.

**Work placement:** Ustředni Vojenská Nemocnice , Prague, 1200/1, 16200, Praha 6.

**Summary:** The objective of this thesis is to illustrate a case study of a conservative treated patient with intervertebral disc herniation of the L5 segment, in chronic stage. In my thesis I attempt to reveal the nature of this pathology, analyze the medical interventions and demonstrate the physiotherapeutic approaches, rehabilitation plan and all the conducted procedures.

This thesis is divided in two parts. The first comprises the theoretical part which includes the anatomy, kinesiology, physiology and biomechanics of the lumbar spine as well the diagnostic and therapeutic procedures and approaches.

The second contains a health chart which depicts the medical history of my patient and a detailed report that clarifies the clinical practices applied.

**Key words:** Disk herniation, intervertebral disk, chronic state, physiotherapy, rehabilitation, lumbar spine conservative treatment, deep core, functional train