

This work summarizes issues of pregnancy and postpartum in the context of the pelvic floor. It Briefly describes important anatomical structures and their changes during pregnancy and after childbirth. It introduces readers to the usual course of pregnancy and childbirth and difficulties that may arise in these periods as a result of pelvic floor dysfunction of various causes. In this work there are integrated knowledges of the suitability and contraindications of physical activities during pregnancy and after childbirth, as well as suggested possibilities of physical activities. Normal practices in physiotherapy and physiotherapy methods and concepts that can be used during these periods are further described. Case report of pregnant woman in her last month of pregnancy and one month after childbirth, which was performed with anamnestic data collection and analysis of kinesiology is part of this work. Thesis describes the results of the executed questionnaire survey and example of questionnaire is available in the Annexes.