

## **ABSTRAKT BAKALÁŘSKÉ PRÁCE V AJ**

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**Opponent:**

**Title of bachelor thesis:** Pain and possibilities of physiotherapy influence.

### **Abstract:**

This bachelor thesis deals with pain in the elderly and possibilities of physiotherapy influence on it. The work is divided into two parts, theoretical and practical. The aim of this work is to summarize theoretical information about pain, its treatment and to compare the effect of two therapeutic systems of physical activity (sokol and tai-chi exercises), what will determine the physiotherapy influence on pain of elderly people. The theoretical part includes description of the pain, its classification, physiology and various methods of its treatment. I also described old age and physiological changes of the organism that related to it.

The practical part deals with settled objectives, detecting and comparing the effects of two therapeutic systems of exercising. I used a semistructured interview to collect data, that were compiled into synaptic charts. After the data were collected for my research, the results have been analyzed and evaluated. And for my conclusion, I have noted the positive impact of both therapeutic approaches on pain.

**Key words:** pain, physiotherapy, senior, health, healthy lifestyle, movement, tai-chi chuan, sokol.