

BACHELOR THESIS ABSTRACT

The title of the work:

Importance of Postural Activation of the Diaphragm in Patients with Chronic Obstructive Pulmonary Disease

Bachelor Thesis Abstract:

This bachelor thesis on the topic of the postural activation of the diaphragm in patients with chronic obstructive pulmonary disease consists of a theoretical and a practical part.

The theoretical part includes a description of the physiology of breathing – breathing is considered a motoric function here. The theoretical part occupies itself with a description of kinesiology of breathing and the breathing pattern. A separate chapter is devoted to the diaphragm, its anatomy, and its postural breathing function. In this vein, the thesis presents the notion of the deep stabilizing system of the spine and the possibilities of affecting it therapeutically. Further, it defines the chronic obstructive pulmonary disease, characterizes its effects, especially with regard to physiotherapy, and presents the possibilities for a complex treatment. As regards the complex treatment, the thesis focuses on the non-pharmacologic alternative, i.e. lung rehabilitation. It analyses in detail the topic of respiratory physiotherapy as one of the elements of lung rehabilitation. The list of tools of respiratory physiotherapy contains: corrective physiotherapy of the postural system – which focuses on the application of insights of developmental kinesiology, corrective reeducation of motoric patterns of breathing, airway clearance techniques, and instrumental techniques.

The practical part consists of two case studies which deal with the examination and physiotherapy of patients diagnosed and hospitalized with exacerbations of chronic obstructive pulmonary disease.

Keywords – activation of the diaphragm, developmental kinesiology, chronic obstructive pulmonary disease, postural breathing function of the diaphragm, respiratory physiotherapy