

## **ABSTRACT**

**Title of thesis:** The Benefits of Physiotherapy in the Treatment of Patients Suffering from Primary Dysmenorrhoea.

**The concept of the problem:** Primary dysmenorrhoea is one of the most common gynecological affections, which affects the female population of working age. It is characterized as a set of symptoms associated with menstruation, of which the main is pain and general fatigue, anorexia, nausea, to the pathological changes in mood, in the sense depression or syncopes. This menstrual period becomes considerable discomfort for women and it distorts her life also from psychosocial page. Given the critical role of women in family and society, it is necessary to deal with this situation and seek effective methods of conservative treatment of primary dysmenorrhoea.

**Objectives:** Determination the effectiveness of acupressure therapy as a possible means of medical rehabilitation in the conservative treatment of primary dysmenorrhoea. Extending expertise of physiotherapy intervention of primary dysmenorrhoea and their implementation into the attention of patients and a general public as well as into the attention of other physiotherapists, gynecologists and other health workers.

**Methods:** The theoretical part deals with the issue at the level of the search and theoretical overview of current knowledge of czech and particullary literature. The practical part as an experiment examines the application of acupressure therapy, compiled for the purposes of this thesis, to deliberately selected group of probands, for five weeks with a frequency of once a week. To evaluation the effects of therapy were used standardized qualitative questionnaire methods Menstrual distress questionnaire and Short-Form McGill Pain Questionaire.

**Results:** Initial examination revealed in all 100% probands of test group with primary dysmenorrhoea higher scores of Menstrual distress questionnaire, evaluating the systematic symptoms of primary dysmenorrhoea, while the value of the Short-Form McGill Pain Questionaire informs about menstrual pain, compared to the results of a control group, who do not suffer from primary dysmenorrhoea. The proper accupresure therapy underwent 100% probands of the test group, of which 90% occured during the measurement output improved clinical status, in terms of improvement of symptoms of primary dysmenorrhoea and reduce menstrual pain. In 10% probands was no change of clinical status.

**Key words:** primary dysmenorrhoea, viscerosomatic interactions, acupressure, physiotherapy, rehabilitation.

