

POSUDEK VEDOUcíHO DIPLOMOVé PRÁCE

REPORT OF MAGISTER THESIS

Leadership's name: Doc. PhDr. David Ravník, Ph.D. PT. Eur.Erg.

Student's name: Anna Neklanová

Title of diploma thesis name:
Preventivní a kurativní využití kineziotapu při zatížení palce ruky v ambulantní terapeutické praxi / Kinesio taping in treatment and prevention of thumb overload in outpatient physiotherapy

Goal of thesis:
The main aim of Anna Neklanová master thesis was to evaluate a change of pain level and grip strength in thumb joint (MCP I) after kinesio tape application among physiotherapist performing manual therapy. The differences in grip strength were measured with hand dynamometer and the pain was identify with VAS scale. Measurements were done for each therapist before starting a work-shift and immediately after it (daily work in outpatient therapy according to therapist's working shift). Each therapist recorded a level of pain during work (every 10 minutes). All the results were processed and statistically analyzed. The results show that kinesio tape is successful in decreasing of thumb joint pain, both during and after the work. At the same time the application of kinesio tape prevents decreasing of the grip strength.

1. Volume:

* pages of text	50 (62 with all attachments)
* literature	49
* tables, graphs, appendices	7 pictures, 6 diagrams, 12 tables, 2 attachments

2. Seriousness of topics:

	above average	average	under average
* theoretical knowledges		0	
* input data and their processing		0	
* used methods		0	

3. Criteria of thesis classification

	degree of evaluation			
	excellent	very good	satisfactory	unsatisfactory
degree of aim of work fulfilment		0		
independence of student during process of thesis	0			
logical consttuction of work		0		
work with literature and citations			0	
adequacy of used methods		0		
design of work (text, graphs, tablels)		0		
stylistic level		0		

4. Usefulness of the thesis outcomes: average

5. Comments and questions to answer:

The work is written in logical sequence, professional and the findings have importance in the field of rehabilitation - in the treatment and in the prevention of thumb pain among physiotherapists. Student Anna Neklanová has demonstrated considerable independence, and has been successful in integration of theoretical knowledge with practical skills. I

recommend master thesis for its defence and the work can be assessed with grade B – »very good«.

At the master thesis defense student shall explain:

1/ Are there any suggestions or are you familiar with a method / approach to avoid pain among physiotherapists during performing manual therapy (in hands area)? **2/** What is your opinion about how following claims can influence incidence of thumb problems among PTs and how they could be used in the prevention and treatment of thumb pain among PTs (time spent performing manual therapy, number of patients, active breaks, correct learning of techniques...)? **3/** Do you think that taping of the thumbs prior to performing manual therapy improved thumb alignment during mobilisation or just stimulate receptors and decreases pain via neurological way?

6. Recommendation for defence:

YES	NO
-----	----

7. Designed classificatory degree

very good (B or 2)

according defence

Date: 28.08.2015

doc. PhDr. David Ravník, Ph.D. PT. Eur.Erg.

signature of the leadership