

## **Abstract**

**Title:** Physical activity of patients after surgical treatment of the lumbar spine.

**Aim:** Main aim of my diploma thesis is to present an up to date review on the topic of postoperative physiotherapy in short-term and long-term phase after lumbar surgery and to find out how recommendations about postoperative physiotherapy are created.

**Methods:** A systematic review on the topic.

**Results:** The review answers the questions about physiotherapy after lumbar surgery in short-term and long-term phase and shows current trends and unique approaches in this study area.

**Keywords:** Lumbar spine, intervertebral disc, discectomy, physiotherapy, physical activity.