

Bachelor Thesis Abstract

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Oponent:

Title of thesis:

The physiotherapy relative to the conservative treatment of lumbosacral radiculopathy

Abstract:

The bachelor thesis is dealing with conservative approach to the patients with lumbosacral syndrom.

The thesis is divided into theoretical and practical part. In the first part of the bachelor thesis the author explains the problematics of anatomy and spin physiology, while focusing mainly on the nerve structures, skeleton and muscle system in lumbar area and lower limbs. In the thesis, there is also mentioned the kinesiology of given segments and pathophysiology with the focus on lumbosacral syndroms. Next section of the theoretical part presents detailed elaboration of conservative approaches in the therapy of radiculopaties in lumbosacral area.

The aim of the bachelor thesis is to process case studies of two patients who are anamnestically congruent. The author is trying to evaluate, based on given results, which method, either McKenzie therapy or mobilization therapy according to Professor Lewit, led to succesful elimination of painful symptoms, irritation, and especially to modify the postural system into the norm.

Key words: lumbosacral radiculopathy, McKenzie, Lewit, conservative therapy, physiotherapy