

BACHELOR THESIS ABSTRACT

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Opponent:

Title of bachelor thesis:

The possibilities of physiotherapy in dysmenorrhea

Abstract:

This thesis concerns the possibilities of use of physiotherapeutical methods by women suffering from dysmenorrhea. The thesis is divided into a theoretical part and a practical part. The theoretical part explains the process of menstruation and its difficulties. It presents the anatomy of woman's body, physiology of menstruation cycle, possible pathologies of the musculoskeletal system and their projection as pain during the menstruation cycle. It gives an overview of selected physiotherapeutical methods used in the practical part.

The practical part is focused on evaluation of questionnaire answers, examinations of randomly selected clients with dysmenorrhea, search for common pathological signs and application of physiotherapeutical methods.

The purpose of this thesis is to find out the relationship between pathologies of the musculoskeletal system and dysmenorrhea and possible applications of physiotherapy in pain supression.

Key words:

dysmenorrhea, painful menstruation, menstruation cycle, musculoskeletal system, lower pelvis, cramps