

Abstract:

This bachelor thesis focuses on the topic of female urinary incontinence and its physiotherapeutic treatment options. The aim of this thesis is to introduce and compare the current physiotherapy approaches used in the Czech Republic and abroad.

This thesis is composed of two parts – theoretical and practical. The theoretical part describes physiotherapy approaches to urinary incontinence in the Czech Republic and in selected foreign countries (Australia, Canada, The United Kingdom, The United States of America, Norway, The Netherlands and Germany) – it is devoted to the description of physical examination, manual and instrumental techniques. Besides that, the theoretical part includes brief informations about the pelvic floor, physiology of micturition, and about the topic of urinary incontinence in general (definition, epidemiology, types, diagnostics and treatment options).

The practical part contains a case history of one female patient suffering from stress urinary incontinence. Both Czech and foreign findings were used in the treatment of this patient.

In the discussion and conclusion, the comparison of the Czech and foreign approaches is summarized and the treatment effect is evaluated.

Key words: female urinary incontinence, physiotherapy, pelvic floor, approach comparison, Czech Republic, foreign countries