Abstract

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

Aim: Main aim of the diploma thesis is to investigate which physiotherapeutic intervention for patients after spinal surgery is the most effective one and offer optimal activity immediately after the surgery and in a long term phase.

Investigate questions:

1. Which physiotherapeutic intervention is the most effective one?
2. Which type of physical activity is the most optimal one?

Methods: A systematic review on the topic.

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

Keywords: Lumbar spine, intervertebral disc herniation, microdiscectomy, physiotherapy, physical activity.