

Abstract

Title

Physiotherapeutic rehabilitation plan for a patient after disc herniation at L3/L4 with radiculopathy

Goal:

The purpose of this thesis is to explain in a simplified manner the condition and the positive effect of physical therapy applied

Methods

This thesis is divided into two parts, a theoretical part that discusses the etiology of the diagnoses and the anatomy of the spine in general and the biomechanical and kinesiology of the lower back. The physiotherapeutic approach is also mentioned in the theoretical part. The second part reviews a patient diagnosed with the mentioned diagnoses, and describes the examinations, therapies and approaches used, the therapy sessions are divided into two parts, before and after the surgery, and finally there is the evaluation and effect of the treatment applied. During the therapy sessions the most important techniques used were joint mobilization and soft tissue techniques according to Lewit, PNF strengthening techniques, breathing exercises and ADL training.

Result

The patient showed some kind of improvements in the part of the joint play, release of the restricted fascia of lower back and the superficial sensation of the lower extremity. The patient is more aware and educated of his condition.