

Abstract

Title: Case study of the physiotherapy treatment of patient with L5/S1 intervertebral disc herniation.

Objectives: The main aim of general part of this bachelor thesis is to get to know about theoretical base the intervertebral disc herniation with focus on anatomy and kinesiology of lumbar spine. Subsequently this part is focused on examination, clinical picture and the treatment of these diagnosis. The main aim of the special part is physiotherapeutic case report processing of a patient with an intervertebral disc herniation.

Methods: In this bachelor thesis was used physiotherapeutic methods which correspond with content of my three years long study of physiotherapy on Faculty of physical education and sport of Charles University.

Summary: My bachelor thesis is divided into two main parts. The general part contains theoretical base of the intervertebral disc herniation as an anatomy and kinesiology of lumbar spine and intervertebral disc and after that specific diagnosis with its clinical picture, examinations and treatment. The second part is practical and is based on theoretical knowledge of the first part. There is case study of the physiotherapy treatment of patient with diagnosis of intervertebral disc herniation which was made during my four weeks long clinical practice at Rehabilitation clinic Malvazinky. Practical part contains entrance kinesiology analysis, therapeutic aims, therapies and finally output kinesiology analysis with evaluation of effect of the therapies.

Keywords: intervertebral disc, herniation, extrusion, lumbar spine