

## **Abstract**

**Title:** Case study of physiotherapy treatment of a patient with the diagnosis of ankylosing spondylitis.

**Aim:** The aim of this thesis is to introduce the issue of disease of ankylosing spondylitis, focusing on physiotherapy treatment in this disease. Furthermore the thesis is introducing a case study of a patient diagnosed with ankylosing spondylitis.

**Summary:** This thesis is divided into two parts, general part and special part. General part introduces the issue of ankylosing spondylitis. The general part describes symptoms of the disease, its diagnostics and ways of treatment, focusing on physiotherapy and physical exercise in general, furthermore possibilities drug treatment and surgery is mentioned as well as other ways of treatment. Finally it describes the prognosis of the disease. Special part introduces a case study of a patient diagnosed with ankylosing spondylitis. Based on the initial biomechanical assessment the short-term and long-term rehabilitation plan is evaluated, the therapy carried out according to rehabilitation plan. By comparing both initial and final biomechanical assessment, the effect of therapy was concluded. The materials to create this thesis, was gathered during my work experience in Revmatologický ústav, Prague which I undertook from 15. January 9. to February 2018.

**Key words:** ankylosing spondylitis, diagnosis, treatment, physiotherapy