ABSTRACT OF BACHELOR THESIS

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Opponent:

Title of bachelor thesis: Overview of physiotherapeutic concepts and methods usable in the therapy of vertebrogenic patients, subtitle: Selected physiotherapeutic concepts and their comparison with the McKenzie method (mechanical diagnostic and therapy)

Abstract of bachelor thesis:

The topic of the bachelor thesis is an overview of physiotherapeutic concepts and methods usable in the therapy of patients with vertebrogenic diseases and comparison of their efficacy with the McKenzie method (mechanical diagnostics and therapy). The thesis is composed in a recherche form and is divided into general and special part.

The general part of the thesis deals with the overview of vertebrogenic diseases and the possibilities of their treatment. It describes the prevalence, etiology and individual structural and functional causes of vertebrogenic diseases. In the following chapters, the individual treatment options are summarized, and the physiotherapeutic concepts and methods frequently used are described.

The special part based on systematic recherche explores the efficacy of the McKenzie method in the treatment of patients in the acute, subacute and chronic phases of lower back pain and the effect of the method on patients with cervical spine pain. A key part of the thesis is the comparison of selected physiotherapeutic concepts with the effectiveness of mechanical diagnostics and therapy by McKenzie.

Key words: vertebral diseases, backpain, McKenzie method, mechanical diagnosis and therapy