

Abstract:

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Title of bachelor's thesis: Physiotherapy Case Study of a Patient after Lumbar Spine Surgery

Objectives: The aim of this bachelor thesis is to summarize theoretical knowledge of diagnosis of spondylosis with radiculopathy. Further, this knowledge will be practically used while working with my patient, whose case study was elaborated in the practical part of my thesis.

Methods: To compose the theoretical part of the thesis, a literar research was done. The practical work with my patient consisted of taking medical history, kinesiological examination and therapy based on the results of the examination. The methods chosen for the therapy are: The Vojta Method, the sensorimotor stimulation by Janda and Vávrová, breathing exercises, basic fitness exercises and gait training. The therapy was finished by control kinesiological examination.

Result: After the series of therapy, the patient's condition was better. His stability of gait improved and he was able to walk for a longer distance continually, from 50 metres at the beginning to 200 metres at the end of the therapies. Also, the differences in circuits of the lower extremities were smaller, the range of movement was higher and the muscles were stronger in some areas.

Conclusion: I had the opportunity to perform all the physiotherapeutic methods mentioned above on the patient with diagnosis of spondylosis with radiculopathy.

Keywords: radiculopathy, lumbar spine surgery, spondylosis, The Vojta method, sensorimotor stimulation, breathing exercise