

Abstract

Title: Dysmenorrhea and its possible treatment by physiotherapy

Objectives: The aim of this thesis has been to assess the effect of simple feet exercises along with the practice of pelvic floor activation and relaxation on women struggling with dysmenorrhea. Subsequently, it also deals with the issue of whether the pelvic floor treatment per rectum together with the exercises is more effective than just plain exercising.

Methods: This research has been based on an experiment. This thesis includes both a theoretical part and a practical part. The methods used for the practical part are as follows: questionnaire (specifically Menstrual Symptom Questionnaire), simple feet exercises, exercises used for the activation and relaxation of the pelvic floor as well as the pelvic floor treatment per rectum and final processing of the gathered data into statistics.

Results: The menstrual cycle of every woman is completely individual and every woman perceives it quite differently. The result of the research was that simple feet exercises along with the practice of pelvic floor activation, relaxation and the pelvic floor treatment per rectum help women struggling with dysmenorrhea. We didn't discover any data that confirms whether the pelvic floor treatment per rectum, together with the exercises, is more effective than just plain exercising.

Keywords: dysmenorrhea, Menstrual Symptom Questionnaire, pelvic floor, feet, exercising, per rectum