

Abstract

Author:

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Title:

The effect of physiotherapy on patients with gastroesophageal reflux disease

Objectives:

The aim of this thesis is to design a therapeutic unit and evaluate its effect on long-term treatment in the therapy of selected patients with gastroesophageal reflux disease

Methods:

The group of patients treated for esophageal reflux disease was examined using a standardized questionnaire, esophageal manometry and postural tests. This was followed by a two-month therapy aimed at stretching and strengthening the diaphragm using several physiotherapeutic methods. After completing the therapy, the probands were measured again as in the same way as in the initial examination. The obtained data were evaluated by statistical analysis using a nonparametric test for one selection (Wilcoxon test).

Results:

The evaluation of the questionnaire survey resulted in the value of $p\text{-value} = 0.007265$, ie less than the selected level of alpha significance ($= 0.05$). Based on the Wilcoxon test, it was confirmed that the input score was statistically significantly higher than the output score. The evaluation of the esophageal manometry gave the value of $p\text{-value} = 0.6956$, ie greater than the selected level of significance alpha ($= 0.05$). Based on the Wilcoxon test, it was not confirmed that the outlet pressure would be statistically significantly higher than the inlet pressure. The evaluation of hull stability gave the value of $p\text{-value} = 0.06114$, ie greater than the selected level of significance alpha ($= 0.05$). Based on the Wilcoxon test, it was not confirmed that the input score was statistically significantly lower than the output score.

The probands examined were aged 24-69.

Conclusion:

The hypothesis that regular physiotherapy aimed at improving respiratory stereotype, PIR diaphragm and strengthening HSSP can reduce the incidence of heartburn and concomitant manifestations of esophageal reflux disease, was confirmed. The hypothesis that regular

physiotherapy aimed at improving respiratory stereotype, PIR diaphragm and strengthening the HSSP can strengthen the lower esophageal sphincter was not confirmed.

Keywords:

gastroesophageal reflux disease, diaphragm physiotherapy, Reflux Symptom Index questionnaire by Belafsky dynamic neuromuscular stabilization