

Abstract

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Title of thesis: Physiotherapy after cervical spine surgery – literature research.

Aims: The aim of my diploma thesis is to give an overview of physiotherapeutic care after cervical intervertebral disc herniation surgery.

Methods: The diploma thesis is processed as a research of literacy sources. Fifteen studies were selected that met the required study selection criteria. All studies focused on postoperative physiotherapy in patients after cervical spine surgery by the anterior approach. The diploma thesis is divided into two parts. The first part is theoretical, deals with anatomy, kinesiology, biomechanics of the cervical spine, surgical techniques and subsequent complications that may occur after surgery. The second part is the methodology itself, which processes the available information about postoperative physiotherapy.

Results: The results of the diploma thesis show that in the early phase after the operation, active exercise in the shoulder joints, respiratory physiotherapy, strengthening the deep flexors of the cervical spine are most recommended. In the long term, emphasis is placed on strengthening the muscles of the cervical spine, increasing the stability of the cervical spine and increasing the overall condition. The cervical collar is not primarily indicated, only after the surgeon's decision. In the first phase is the contraindicated looking up, extension of the cervical spine.

Key words: herniation, cervical spine, surgery, anterior decompression, radiculopathy, cervical collar, physiotherapy, physical activity, rehabilitation.

