

## **Abstract**

This bachelor thesis addresses the problem of intensity of chronic low back pain after the rehabilitation treatment at the Clinic of Rehabilitation Medicine in the University Hospital Královské Vinohrady (FNKV). The theoretical part is devoted to the lumbar spine and its surrounding structures; chronic lumbar pain, its aetiology and socio-economic impact; the options for assessing pain intensity; the treatment; the approaches used at the Clinic of Rehabilitation Medicine in FNKV; and the activities following the rehabilitation program. In the practical part, the research concentrates on the changes in intensity of chronic low back pain during the rehabilitation program; and the differences between input and output values.

This study involved 21 patients hospitalized at the Clinic of Rehabilitation Medicine in the FNKV due to chronic lumbar spine pain. As many as 57 % of probands in the observed group were overweight or obese, and 42.86 % of working-age patients needed incapacity (sick leave) for work. During hospitalization, which lasted 14-22 days patients underwent regular rehabilitation treatment. Each day, they recorded their pain using the VAS scale in the morning and in the evening. Data for the purpose of this research were collected retrospectively from their medical records.

At the level of significance of 0.05, we did not reject two null hypotheses, therefore we did not prove differences between input and output values of pain intensity, nor a change in the value during the hospitalization. However, we found a correlation between the degree of impairment at the beginning of the treatment and its effectiveness. We can only think about the reasons why our research failed to support the expected results.

**Key words:** lumbar spine – chronic low back pain – rehabilitation – VAS scale – University Hospital Královské Vinohrady