

Review of the diploma thesis

Mrs. Homa Abass, learner of 2nd class of master degree wrote your diploma thesis on the theme "Effectiveness of Breathing Retraining in Asthmatics".

Because it was complicated in our country to do an experimental work she decided to write such a thesis in which she would critically evaluated current accesses to the treatment and rehabilitation of asthma and from such study to educe conclusions for their physiotherapeutic practice.

She perused of 133 literary sources and from them she arranged the theoretical part of thesis. From the entire work is obvious that author knows to work with scholarly literature. Except of many interesting parts of work it states for an attention this part which deals with about breathing exercises. Here she depicts, except of the meaning of breathing and deviations from good form of breathing, also some breathing methods which a physiotherapist should more use in her professional practise. A reader can so too acquaint with the Buteyko breathing technique, the Papworth relaxation and breathing method, Yoga breathing techniques – called pranayama, Alexander technique, or other techniques or methods which may help reduce asthma symptoms.

Next the author presents the succession of breathing exercises, next to whose performance is very momentous the resumption of basic position, e.g. sitting position, kneeling position and so on. In this part she emphasizes a close interrelationship between a postural function and a breathing function.

The items in chapters "Results and discussion" and "Conclusion" are, according to my opinion objectively and advisably arranged, by appropriate manner to overall character of the diploma thesis.

To the author of the diploma work I have only two questions:

1. What meanings we ascribe to breathing exercises?
2. It is for your experience important that by the "DANASANA", in basic position is also laid the stress on "Draw naval to spine"? (Page 38.)

Conclusion:

Mrs. Homa Abass started to work on her diploma thesis in regular time. She worked single-mindedly and choicely classified things which were important both for her

thesis and for her knowledge about theory and practice about asthma. By her diploma thesis she demonstrates that she is able to an independent scientific work. I am convinced that diploma thesis corresponds with requirements our educational and examinational system. I recommend it to the scientific dispute. If the process of the scientific disputation will be excellent I suggest the thesis classify – excellent.



Doc. PhDr. Pavel Strnad, CSc.

In Prague, 5th May, 2008