

The aim of the Bachelor Thesis is to determine how changes arthritic difficulties in obese patients following an alternation in movement patterns. The work also deals with the movement and sports activities are suitable and unsuitable for the diagnosis. The work is divided into theoretical and practical section. In the theoretical section, we summarize of knowledge of obesity and osteoarthritis. The first chapter describes the definition, prevalence, etiopathogenesis, diagnosis, complications, prognosis and treatment of obesity. In the second chapter we define osteoarthritis and its progression, risk factors, etiopathogenesis, diagnosis, therapy and prognosis. In the third, special chapter, we discuss the importance of physical activity in obese patients with osteoarthritis, the frequency and intensity of workload and motion activities appropriate for these patients. We describe the principles and benefits of walking, nordic walking, swimming, aqua-aerobics, riding a bicycle and also the use of therapeutic physical education in this field. The practical part is then focused on the application of correct principles of physical activity, instruction of the patient and monitoring of modification in their arthritic difficulties. The case reports are elaborated based on the three selected patients.