

In this thesis is described Physiotherapy of obese patients. The prevalence of obesity prevails in all layers of the population due to lifestyle in modern times and growing nature. Health personnel in their practices normally encounter with obese patients for their numerous health complications. Part of my thesis is a description of what causes obesity, its examination methods, and the health risks involved. Detailed are described therapeutic methods, especially movement therapy. My main goal was to summarize the possibilities of physical therapy and movement therapy, to apply these theoretical knowledge into practice and assess their importance for example comparison of cognitive-behavioral therapy or diet. That is why I have introduced as a special part of the case report two patients suffering from overweight. In both cases, I individually according to physiotherapeutic examination (back pain, knee, flat arch, improving breathing function,...) chose an appropriate movement activity and generally tried to enrich the range of motion activities of the patient. Both were able to increase activity levels. There was weight loss that started a lifestyle change for both patients.