

# Anotace

<b>Author:</b>	Iveta Ždímalová
<b>Institution:</b>	Rehabilitační klinika LF v Hradci Králové
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<b>Supervisor:</b>	Mgr. Michaela Němečková
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The bachelor's thesis is focused on woman as expectant mother. It summarizes basic anatomical knowledge about female reproductive system and birth canal. It deals with hormonal changes, impact of pregnancy on female organism and also includes information about parturition and postnatal period.

The main part involves information about pelvic floor, deep stabilization system of the spine and postpartum exercises. It includes also theoretical knowledge and practical illustrations. Last part contains casuistry of three women with many photos depicting particular exercises.