

# **ABSTRACT**

**Title of diploma thesis:** The Significance of Psychosomatic Relations in Cervical and Orofacial Region in Anxious Patients for Physiotherapy

**Objectives:** To study available literature concerning relations between anxiety and pain in cervical and orofacial region and to find out a mechanism and cause of this pain. Then suggesting a suitable methods of physiotherapy for anxious patients suffering from pain in cervical and orofacial region.

**Methods:** The diploma thesis is written in a theoretical form on a basis of review of a relevant and available literature.

**Results:** Anxiety has a connection with pain in a cervical and orofacial region, but it's difficult to find out a specific mechanism of a development of these pain. It's advisable to use methods aimed at improvement of a body awareness, realization of connection between experience of anxiety and somatic symptoms, practice of a different methods of kineziotherapy, relaxation techniques, breathing exercises and some local methods of physiotherapy in the therapy of anxious patients.

**Key words:** anxiety, physiotherapy, neck muscles, temporomandibular disorder, psychosomatics, stress