

The thesis deals with primary dysmenorrhea (PD) in relation to the locomotor system. The aim of the thesis was to compare the frequency of selected joint blocks and the incidence of constitutional hypermobility in PD patients in comparison with the control group. The patient group included 9 women with PD symptoms and the control group consisted of 10 women without these symptoms. The incidence of atlanto - occipital joint block within the patient group was significantly higher than within the control group ($p < 0,05$). The total number of stuck ribs was also considerably higher in PD patients ($p < 0,01$). Pain on palpation on the top of the coccygeum apex was significantly higher within the patient group ($p < 0,001$). Patients with PD did not show significantly different results in Beighton score test for constitutional hypermobility assessment when compared with the control group. Another aim of the thesis was to judge the effect of physical therapy on PD symptoms. For three months, the group of 9 patients had been encouraged to do regular exercises with the impact on postural stability and diagnosed functional disorders of the locomotor system by means of physical therapy. As was shown after the therapy, the reduction of the total number of stuck ribs was statistically significant ($p < 0,001$). Furthermore, the average figure of lower abdominal pain was also significantly reduced ($p < 0,0001$), as well as low back pain ($p < 0,0001$), using the Numeric Rating Scale (NRS) for pain assessment. The total amount of used pharmaceuticals was also considerably reduced after the therapy ($p=0,01$) and the pain became more reconcilable with daily activities ($p < 0,001$).