

## **Abstract**

This bachelor's thesis summarizes the information of pelvic floor function and perineal injuries that are caused by the delivery. In the theoretical part of this thesis are described anatomical structures in the pelvic area and their changes during the pregnancy and the puerperium. The main part of the thesis is focused on possibilities of preventing the perineal injuries. There are described problems that are caused by perineal lesions and dysfunction of the pelvic floor. Options of physiotherapeutic treatment of these problems are discussed as well.

The practical part of the thesis is supplemented with a case study of a pregnant patient, who was preparing to the delivery during pregnancy with the goal of preventing perineal injury. The case study is completed with anamnestic data collection and analysis of kinesiology of the patient in pregnancy and after the delivery. A therapeutic plan is a part of the case study as well. The thesis is supplemented with the results of executed questionnaire survey of 49 patients after vaginal delivery.