

## **ABSTRACT**

**Title:** Comparison of the quality of life of persons diagnosed with intervertebral disc herniation in relation to surgical and conservative treatment.

**Objectives:** The aim of the diploma thesis was the research and evaluation of the quality of life in patients with intervertebral disc lesion with and without surgery, assuming that both monitored groups will be treated with individual rehabilitation treatment.

**Methods:** This research was conducted using a standardized Short Form 36 (SF - 36) questionnaire on quality of life that is conditional to health. The study was conducted at Na Homolce Hospital in a rehabilitation clinic, where appropriate respondents (n = 117) were selected for this research. The group included 59 respondents who underwent surgery and 58 treated conservatively. The survey was attended by respondents aged 27-86. The final results were divided into both health, physical and psychological dimensions in both groups. Two-choice tests were used to compare. For all domains, the assumption of the normal distribution of the two compared selections was rejected, which precluded the use of the two-t-test. For domains where there was no assumption of homogeneity of scattering, the Mann-Whitney test was used to compare. For domains where the assumption of homogeneity was rejected, a Median test was used.

**Effects:** In all areas of the SF-36 questionnaire describing the overall health condition, consisting of 8 dimensions, the physical and mental state, each of five dimensions, shows that the quality of life is not higher for the respondents who have undergone surgery than for the respondents, who were conservatively treated.

**Key words:** herniace, discus intervertebralis, the scope and level of health, quality of life is conditioned by health, life-quality questionnaires SF-36