

Abstract:

The aim of this work is to describe the issue of breast cancer surgery and the role of physiotherapy in this area. The theoretical part describes basics of breast anatomy, defines breast carcinoma, its diagnosis, risk factors, types, ways of spreading and symptoms of the disease. For the prevention and treatment of postoperative complications is crucial early and long-term physiotherapy of the patients. Next chapter describes the objectives of physiotherapy, kinesiological analysis of patients and most frequently used therapeutic techniques. The last chapter deals with the psychological aspect of therapy and confirms the significant influence of psychic on the results of treatment and on the quality of life of the patients.

The practical part aims to analyze the physical condition of the patients after breast surgery and to evaluate the effect of physiotherapy on the course of treatment and prevention of postoperative complications. The second objective was to determine the level of awareness of breast cancer patients and possible postoperative complications. In order to meet the goals, the case studies of two patients who underwent a breast rescue operation with several sub-nodal nodes were processed. At the same time, both patients were handed over and explained the educational material provided by the 1. surgical clinic when released from the hospital. Patients were asked to review this material. Patients confirmed that the current educational material does not provide enough information and does not offer the demonstrations of exercises for the home environment. Based on these facts and feedback, a new educational material has been created to provide patients with all the important information and a wide range of exercises in their home environment. Even though the physiotherapeutic intervention was short and the patients were soon released from the hospital, the positive effect of physiotherapy was noticeable.

Key words: breast cancer, mastectomy, physiotherapy, lymphedema, physical therapy