

# **BACHEROL THESIS ABSTRACT**

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Oponent:

Title of bachelor thesis:

Role of physiotherapy in psychosomatic disorders Yoga and its use in psychosomatics

## **Abstract:**

This bachelor thesis covers the topic of psychosomatic medicine and the use of yoga in the treatment of psychosomatic diseases. This thesis is a combination of theoretical and research part.

The theoretical part is divided into three sections. First one contains theoretical basis of psychosomatic medicine and the issue of psychosomatic diseases (definition, epidemiology, etiopathogenesis, diagnostics, therapy etc.). The second section outlines the role and possibilities of physiotherapy in psychosomatic medicine – an overview of physiotherapeutic methods that can be used in the treatment of psychosomatic diseases. The last section covers the topic of yoga, its history, different types and briefly describes techniques that yoga offers.

The research part of this bachelor thesis contains one case report of a patient that has been diagnosed with a psychosomatic disease (chronic cervical spine pain). It also contains methodology of this work, its objectives, criteria for patient selection, review of the literature, initial examination and training units.

The aim of this work is to provide an overview of the topic. Find out whether physiotherapeutic intervention using yoga features can influence the physical and mental state of a patient with vertebral algic syndrome.

**Key words:** physiotherapy, yoga, psychosomatics, biopsychosocial approach