

Abstract:

This thesis is about the possibilities of rehabilitation in patients with abdominal hernia. Physiotherapy has positive effect on some of the risk factors, which could lead to the development of hernia. The physiotherapy is also important in pre- and postoperative care, as well as in preventing a hernia formation or relapse. Another topic discussed in this thesis is the restriction of physical activity after abdominal surgery. Considering the benefits that the physical activity brings, it should be recommended to the patient (accepting his or hers individual needs and abilities). No research evidence of use of rehabilitation therapy in causal hernia treatment was found. The only conservative treatment used in hernia management is the abdominal binder.