

## **Abstract**

This bachelor thesis explores ways physiotherapeutic procedures and concepts can be used to effect the proceedings of physiologic childbirth. The beginning of the theoretical part describes anatomical structures relevant to pregnant women, the stages of labor, pain and pain medication. The thesis then deals with ways of influencing changes in the mother's body during pregnancy. With physiotherapeutic interventions we can achieve positive impact on the pregnant woman's body and her physical condition. Through these interventions the expectant mother is better prepared for labour. The topic of the main part of the thesis is the application physiotherapeutic methods and concepts during childbirth. The selected exercises and techniques to be used at each stage of labour can reduce labour pain and shorten the whole delivery process. The last chapter discusses exercise to be done during the puerperium. The practical part of the thesis contains a case report of an expectant mother, her kinesiological analysis in pregnancy and after the labour, description of her labour, a therapeutic plan and a description of her therapy sessions. The practical part also includes a questionnaire research of 51 women after vaginal delivery.