

ABSTRACT

The main objective: The main objective of this bachelor's thesis was point out the problem of respiratory issues in people with multiple sclerosis (MS) and to evaluate the effect of home respiratory training using the expiratory trainer EMST150 in patients with MS.

Methods: Four patients with MS participated in the therapy. Patients were measured by spirometric examination of input and output values of maximal expiratory pressure and maximal inspiratory pressure. The patients completed a questionnaire after the therapy, which tried to find out a subjective assessment of breathing training. The measured values were processed into tables and data from the questionnaire were displayed and described using graphs.

Results: All patients experienced an increase in maximal expiratory pressure and maximal inspiratory pressure. All patients rated respiratory training positively.

Conclusion: The results showed positive effect of home breathing training using the expiratory trainer EMST150.

Key words: multiple sclerosis, respiratory physiotherapy, respiratory impairment, respiratory muscles, spirometry