

## **BACHELOR THESIS ABSTRACT**

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**Title:** Musculoskeletal disorders and kinesiotherapy options in pregnant women

### **Abstract:**

This bachelor thesis deals with the issue of frequent musculoskeletal disorders in pregnant women and kinesiotherapy options. The aim of the work is to describe these disorders and difficulties associated with them and to apply kinesiotherapy to selected patients in a suitable way to prevent or at least affect them.

The bachelor thesis is divided into theoretical and practical part. The theoretical part first describes the changes taking place in all body systems during pregnancy. The next chapter deals with physical activities in this period. The main chapter of the theoretical part of the work describes in detail the most common disorders of the musculoskeletal system, which include decrease of the arch of the foot, low back pain, diastasis of the abdominal muscles, pelvic floor dysfunction and carpal tunnel syndrome. In the last chapter of the theoretical part mentions selected physiotherapeutic concepts and methods that can be used in kinesiotherapy in pregnant women.

The practical part of the work consists of case reports of three patients containing kinesiological examination, the goal and plan of therapy and a description of past therapies. The therapies focused mainly on prevention and elimination of disorders and possible difficulties. None of the patients had a significant deterioration of the condition and the occurrence of disorders, it was managed to meet the goal of the practical part of the work.

**Key words:** pregnancy, musculoskeletal disorders, physiotherapy, kinesiotherapy, exercise