BACHEROL THESIS ABSTRACT

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Title of bacherol thesis: Options for assessment of chronic cervical pain.

Subtitle: Affecting chronic cervical pain by relaxation techniques.

Abstract:

The bachelor thesis focuses on the description of tools that can be used to assess chronic neck pain. The practical part deals with influencing these difficulties with the help of relaxation techniques.

The theoretical part provides basic information about pain and its distribution, describes the anatomy and kinesiology of the cervical spine and provides a brief overview and description of assessment tools divided into simple and multidimensional. Multidimensional tools were divided into questionnaires designed specifically for the cervical spine, questionnaires that can also be used to assess the pain and disability associated with this area, and questionnaires evaluating the psychosocial factors of chronic pain. The theoretical part also includes chapters devoted to stress and relaxation techniques related to the practical part of the work.

The practical part includes case reports of three patients with chronic neck pain, whose problems were affected by relaxation techniques. Patients were asked to relax daily according to an audio recording created by the author of the work for 4 weeks. During this time, 4 therapies were performed, during which the patients were introduced and then practiced with them another 4 relaxation techniques. The results were evaluated using input and output kinesiological examination and using questionnaires selected from the theoretical part of the work.

No significant changes were observed after the therapies during the kinesiological examination. However, the submitted questionnaires Neck Disability Index and Scale of Perceived Stress showed a positive effect on the intensity of neck pain, frequency and intensity of headaches, sleep, concentration and reduction of perceived stress.

Key words: neck pain, chronic cervical pain, chronic neck pain assessment, neck pain questionnaire, stress, relaxation techniques