

BACHELOR THESIS ABSTRACT

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Title: Physical therapy led by a physiotherapist in patients with substance abuse disorder in the context of institutional treatment

Abstract:

Background: Substance Use Disorder (SUD) is a bio-psycho-social-spiritual problem, which is needed to be dealt comprehensively. Physical therapy is one of the appropriate additional therapies of SUD.

Objectives: The aim of the theoretical part is to present current knowledge about the role of physiotherapy in institutional treatment of SUD. The main aim of the practical part is to apply a physical therapy (specifically aerobic activity in the form of jogging) in patients in SUD treatment. The partial aim of the practical part is to create a textual basis for educational materials intended for addicted patients, which would summarize fundamental information about jogging and exercise in common and would be a base for an autotherapy.

Methods: Via pre-test and post-test (after 4 therapies) in the form AQoL-8D a comparison was made between (a) patients undergoing Therapeutic Jogging and Group Cognitive Training; (b) physically and to non-physically active patients in pre-hospitalisation time.

Results: Patients undergoing Therapeutic Jogging were significantly ($p < 0,1$) improved in the *Relationships* dimension and in the overall AQoL-8D score. There weren't any significant differences ($p > 0,1$) in the other dimensions. There weren't any significant differences ($p > 0,1$) in patients physically active and non-physically active before hospitalisation. A textual basis for 4 types of educational materials were created (pamphlet, jogging blog, exercise brochure, educational video).

Conclusion: Physical therapy seems to be an important benefit for patients with SUD. More studies are needed for the clarification of the observed problems.

Key words: Substance Use Disorder, Physical Activity, Physiotherapy