

Abstract

The thesis summarizes available information about the possibilities of rehabilitation in patients with abdominal hernia. The theoretical part presents current approach to prehabilitation and postoperative rehabilitation in patients with abdominal hernia. In the theoretical part of the thesis is brief list of risk factors which increase probability of occurrence of the postoperative complications. The possibilities of modification of these risk factors by prehabilitation are presented. The approaches supporting as well as questioning prescription of prehabilitation are discussed. The thesis also contains the guidelines for early postoperative period and guidelines for long-term postoperative programs. These guidelines are proceeded from foreign literature. Long-term training programs intensity is based on the preoperative examination results. Determining preoperative performance reduces the risk of overloading the patient and maximizes the benefits which the physical activity has to offer. In the experimental part of the thesis are presented data obtained from group of patients who underwent the Preoperative program for patients with hernia on the Clinic of Rehabilitation and Sport Medicine the Motol University Hospital. The comparison of data before and after therapy is concluded. Another comparison is laid out on data from patients before therapy and control group.