

Abstract

This diploma thesis explores the ways in which physiotherapeutic procedures and concepts can be used to positively affect puerperium after a physiological childbirth. The beginning of the theoretical part describes the physiology of puerperium, lactation, women's psychological well-being during the postpartum period and postpartum complications. The main part of the thesis focuses on the application of physiotherapeutic methods and concepts during puerperium. The output of this part forms an information handout with exercises appropriate throughout puerperium. In the practical part of the thesis, a questionnaire survey of two groups of women at the end of puerperium took place to objectively evaluate the effect of the information handout. The aim was to find out whether women who are prepared for the puerperium and know how to use targeted exercises to support the regeneration of the body after childbirth experience a milder course of the puerperium, feel psychologically better and evaluate their breastfeeding effectiveness more positively. The experimental group (n = 32) received the information handout during pregnancy and used it in puerperium. The control group (n = 37) did not receive the handout. The standardized Edinburgh Postnatal Depression Scale questionnaire was used to assess the mother's psychological well-being. To evaluate the effectiveness of breastfeeding, the standardized Breastfeeding Self-Efficacy Scale-Short Form questionnaire was used. To evaluate the overall condition of the mother and her postpartum complications, a separate questionnaire created especially for this diploma thesis was applied.