

Abstract

Visceral manipulation (VM) is a fine manual technique focused on manipulation with organs and their fasciae. Fasciae surround organs allowing their movement and connecting them. Their movement can be limited after surgery, stress, inflammation or as a result of a poor posture. By the using of VM, a therapist can locate and subsequently alleviate increased tension from parts of the body.

The theoretical part of this bachelor thesis summarises the knowledge about the use of visceral manipulation in gynaecology.

The practical part comprises case studies of four patients. These case studies are concerned with the use of physiotherapy with elements of visceral manipulation during the treatment of painful menstruation (Dysmenorrhea). Each case study contains the case history, initial and final kinesiological analysis and the description of the therapy and autotherapy. The length of the physiotherapeutical intervention was six months for each patient. Objective evaluation of the effect of the therapy was achieved by cooperation with the gynaecologist who examined the patients before the start of the physiotherapeutical intervention and subsequently after its end, i.e. after six months. The examination comprised hormonal profile analysis, ultrasound examination (to determine the position and size of the uterus and the thickness of the endometrium) and hormonal cytology. The initial and final examination by gynaecologist always occurred on the same day of the menstruation cycle.

Subjective measurement was performed on *Numeric Pain Rating Scale* (NRS) and by standardised quality of life questionnaire - „*The 36 – Item Short – Form Health Survey* (SF – 36)“, which were part of the initial and final kinesiological analysis.