

ABSTRACT

Title: Scheuermann's disease and its most recent approaches to conservative treatment – a systematic review

Objective: This diploma thesis aims to evaluate the most commonly used therapeutic approaches in adolescents with Morbus Scheuermann and analyze which of the physiotherapeutic approaches are most effective.

Methods: This diploma thesis is processed as a systematic review search using databases PubMed, Scopus, EBSCOhost, Web of Science, Science Direct. The first part of this thesis contains the current knowledge and theoretical bases of Morbus Scheuermann. The second part has a descriptive-analytical character. It contains an analysis of a study where was used conservative movement therapy.

Results: After the final review of the studies, only 1 study was qualified to be included in this research. The study examined the effectiveness of treatment of Scheuermann's disease using the Schroth method. Because only one study was used in the review, it is not possible to evaluate the results of the studies. It is also not possible to interpret, which conservative therapy is the most effective. However, the study showed higher effectiveness of therapy in patients enrolled in the intervention group, using the Schroth method.

Keywords

Morbus Scheuermann; juvenile kyphosis; Scheuermann's kyphosis; conservative therapy; physiotherapy; adolescent