

## **ABSTRACT**

The work is processed in the form of a systematic research. It is about issues related to whiplash syndrome, such as etiology, diagnosis and therapy. The aim of the systematic literature research was to find out what physiotherapeutic procedures have been used for the last five years in the treatment of whiplash syndrome and which procedure appears to be the most effective in reducing pain and improving range of motion. The studies were searched in the following databases: EBSCOhost, PubMed, ScienceDirect, Scopus and Springer. The corresponding studies were searched using keywords which were then sorted using the established criteria. In the final count, 10 studies were identified. Five studies out of ten examined the effect of the procedure of therapy on behavioral intervention in combination with the specific exercise and individual needs of the individual. This therapy focuses as much as possible on the needs and goals of the individual. In the last five years, the effect of distance therapy has been studied in the treatment of whiplash syndrome again with an emphasis on the needs of a particular person. More variables need to be taken to assess the effectiveness of approaches and further studies on therapy of whiplash syndrome would be needed to accurately determine the effect.

## **Keywords**

Whiplash syndrom, Whiplash injury, Whiplash associated disorder, Treatment at Whiplash injury, Treatment at Chronic and acute whiplash syndrom