

BACHELOR THESIS ABSTRACT

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Title: Physiotherapy intervention in patients with neck pain

Subtitle: Sensorimotor stimulation and cervical spine stabilization exercises

Abstract:

This bachelor thesis deals with physiotherapy in patients with cervical pain. This problem is quite common nowadays, it ranks as the fourth most common health problem overall. The theoretical part of the thesis describes the anatomy and kinesiology of the cervical spine, the description and classification of pain in this area and the treatment procedure with a focus on physiotherapy. Furthermore, the concepts of stability and posture are explained. An important part of the thesis is the description of the chosen methods and their use in various studies. In the empirical part, it was necessary to describe the methodological procedures, especially the chosen tests, on the basis of which I evaluated the results of the therapies: the NRS, the NDI, the muscle strength of neck flexion, the Postural Stability Assessment, tests for postural stability (trunk flexion test, diaphragmatic test). Selected exercises used in the therapies were also described. I worked with a total of four patients who were randomly divided into two groups, with each group using a different type of exercise. The aim of this thesis is to map the possibilities of usage of the methods of sensorimotor stimulation and stabilization exercises in patients with cervical pain. The results show that both methods contribute to the reduction of pain and disability. Sensorimotor stimulation had greater effect on stability while cervical spine stabilization exercises affected the muscle strength more. Thus, it is advisable to include some form of stabilization exercises in patients with cervical spine pain.

Key words: Neck pain, sensorimotor stimulation, cervical spine stabilization exercises, postural stability, proprioception