

BACHELOR THESIS ABSTRACT

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Title: Stimulation of swallowing within PNF concept in patient with acquired brain injury

A swallowing disorder often occurs as a complication in acquired brain injury diagnosis. In more serious cases it can constitute even life-threatening condition, primarily due to the risk of aspiration and possible subsequent development of an inflammatory lung disease. This thesis deals with a possibility of therapeutic influencing of neurogenic dysphagia with utilization of elements of the concept of proprioceptive neuromuscular facilitation – PNF. Contrary to the fact that exercise on the PNF basis to influence dysphagia isn't used frequently in clinical practice, it represents highly effective and for the therapist easily manageable method of therapy. The practical part contains a case history of patients with dysphagia, to whom the therapy on the PNF basis was applied.

The goal of the bachelor thesis is to create an educative material for a community of experts, particularly physiotherapist as well as speech pathologists or occupational therapists, and thus support interdisciplinary cooperation in the care of dysphagia patients.

The result of the thesis is a formation of the therapeutic procedure employing the elements of the PNF concept for the patients with dysphagia. The difference between values measured with tests for swallowing disorder diagnosis before and after therapeutical interventions shows the formed therapeutical procedure to significantly improve swallowing function, which correlates with subjective sense of improvement from the patients' perspective as well as the results of the clinical screenings performed by the speech therapist.

Keywords: physical therapy, speech language pathology, rehabilitation, PNF, swallowing, dysphagia, acquired brain injury