

Abstract

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Title: Case study of a physiotherapy treatment of a patient with amyotrophic lateral sclerosis

Objectives: The aim of this bachelor thesis is to summarize the theoretical knowledge about the diagnosis of amyotrophic lateral sclerosis, about the possibilities of therapy and to elaborate a case study of physiotherapy treatment of a patient with this diagnosis.

Methods: The thesis is divided into two parts - a general part and a special part. The general part is focused on the summary of theoretical knowledge about amyotrophic lateral sclerosis. This part includes chapters of neuroanatomy, general characteristics and clinical picture of the disease, possibilities of diagnostic and therapeutic procedures. The special part includes initial kinesiological examination, design of short-term and long-term physiotherapy plan, description of therapeutic units, output kinesiological examination and evaluation of the effect of therapy.

Results: Positive outcomes of the physiotherapy intervention include increased range of motion, improved gait stability and training in independent verticalization. The therapy failed to affect muscle tone and spasticity. All results of the work are presented in the chapter on the effect of therapy.

Conclusion: The above case study demonstrates that physiotherapy in such a complex diagnosis as amyotrophic lateral sclerosis requires knowledge of both theoretical information and skill in practical physiotherapy. The presented procedures demonstrate effectiveness in complex therapy of patients including psychological effect.

Keywords: ALS, amyotrophic lateral sclerosis, physiotherapy, neurodegenerative diseases