

BACHELOR THESIS ABSTRACT

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Title of bachelor thesis: The influence of physiotherapy in irregular menstrual cycle

Abstract: Menstrual cycle disorders are nowadays a very common problem for many women. These include dysmenorrhea, premenstrual syndrome, functional female sterility or luteal insufficiency. Their etiology may also be associated with musculoskeletal dysfunction. Luteal insufficiency is considered to be a luteal phase of less than 12 days. This condition may be one of the possible causes of infertility, but studies on this topic are lacking.

The aim of my bachelor's thesis is to evaluate the influence of luteal insufficiency using diagnostic and therapeutic approaches in physiotherapy. Three women with luteal insufficiency underwent individually tailored physiotherapy ongoing for 6 months with the aim of prolonging the luteal phase. The symptothermal method was used to objectify the length of the luteal phase before and after therapy, allowing easy and reliable control of the menstrual cycle and increasing the likelihood of conception through accurate timing of the fertile period.

The main 4 pillars of therapy were postural correction, elimination of functional changes in the musculoskeletal system, postural dynamic exercises, and self-therapy. The sub-elements of these pillars were always individually designed based on the initial kinesiological analyses of the probands.

The conclusion of the thesis suggests that physiotherapy can be an effective part of treatment for women with luteal insufficiency, which can lead to normalization of the menstrual cycle. While there was a prolongation of the luteal phase in the first proband, there was no change in the second proband. In the third proband, there was a worsening which may have been due to an injury to the coccyx during the study. Although the results suggest a possible benefit of physiotherapy for some patients, the low number of probands means that further research is needed to confirm the conclusions.

Key words: physiotherapy/physical therapy, symptothermal method, menstrual cycle, luteal insufficiency, gynaecology