

**Abstract:**

The bachelor's thesis deals with physiotherapy with elements of dynamic neuromuscular stabilization in oncological patients after breast ablation. The aim of the practical part is to use objective measurements to evaluate the benefit of preoperative and early postoperative physiotherapy on the patient's overall recovery. The evaluation took place three times – as a part of preoperative treatment, after surgery and after the end of the physiotherapy intervention. For this, postural locomotion tests (diaphragm test, intra-abdominal pressure test, quadruped rock forward test and test of a 3-month-old supine position), measurements of inspiratory and expiratory chest circumferences, range of motion measurements on the upper extremities and cervical spine, and measurements of arm circumferences were used. It was found that physiotherapy had a positive effect on the overall recovery of the patients. In addition, the elements of the DNS have been shown to be a suitable adjunct to the analytic exercise and could be used along with other proven methods in post-mastectomy women-patients.

**Keywords:** Dynamic neuromuscular stabilization, breast cancer, muscle dysbalance, physiotherapy, mastectomy