

## **BACHELOR THESIS ABSTRACT**

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**Title:** New Approaches in Physiotherapy of Patients with Bronchial Asthma

### **Abstract:**

This bachelor thesis deals with the physiotherapeutic influence of bronchial asthma and methods of physiotherapy, which are currently the most applied in the treatment of asthma.

The thesis consists of theoretical and practical part. The theoretical part describes bronchial asthma, its diagnosis, classification, clinical manifestation of the disease, pharmacological treatment and methods of physiotherapy, which are currently the most modern and most used in the treatment of asthma bronchiale. This section is the key part of my bachelor thesis. The contents of the therapies of the practical part are based on the knowledge from this chapter.

The practical part includes case reports of two patients. The target group were patients aged 20-30 years with diagnosed bronchial asthma, which is currently in a stable state, and in whom there is no regular application of bronchodilators. Each patient underwent a ten – week physiotherapy intervention. Respiratory amplitude measurements and spirometry were used to objectively assess the results of the intervention. The therapies were also evaluated subjectively by the patients, focusing on the clinical manifestation of bronchial asthma symptoms.

The aim of this bachelor thesis is to map the available literature and studies related to bronchial asthma and to find the most recent and effective methods of physiotherapy used in the treatment of patients suffering from bronchial asthma. Another aim of the thesis is to develop a physiotherapy plan according to the information obtained from the literature and then to evaluate the effect of the therapy on the manifestation of clinical symptoms of bronchial asthma.

**Key words:** bronchial asthma – physiotherapy – rehabilitation – new approaches – respiratory physiotherapy – breathing rehabilitation