

Abstract:

This bachelor's thesis aims to describe the effect of a combination of selected physiotherapeutic methods on the condition of patients with post-covid syndrome. It is divided into a theoretical and a practical part. In the theoretical part are discussed in more detail the topics of Covid-19, the post-covid syndrome, the diaphragm, its anatomy, functions, its influence on the organism and functional limitations and also is discussed the topic of the fascial system. Diaphragm therapy methods are also described, especially the methods practiced in this work – visceral manipulation, osteopathic fascial release techniques and Vojta's reflex locomotion.

In the practical part is more discussed the methodology of this work including data collection, methods, patient selection criteria, the goal of the work, and case studies of 3 patients with breathing problems classifiable as post-covid syndrome. In order to evaluate the effect of the therapy, the initial and final examinations, respiratory amplitude values, 2 quality of life questionnaires and selected functional tests focusing on the state of the deep stabilization system and the involvement of the diaphragm are evaluated.

The results of some objective tests were questionable, but regardless it was shown that the chosen physiotherapeutic methods can positively affect shortness of breath and the subjective perception of the patients' health, as well as improve the state of the deep stabilization system and the involvement of the diaphragm. As a result, all 3 patients describe a subjective improvement in their state of health.

Key words: Covid- 19, long covid, diaphragm, fascial system, functional restriction