

# **ABSTRACT**

**First and last name:** Tereza Tlustá

**Supervisor:** MUDr. Bc.Tereza Gueye Ph.D.

**Opponent of the thesis:**

**Name of the thesis:** Use of dance therapy in neurorehabilitation from the perspective of a physiotherapist.

**Abstract of the thesis:**

The bachelor's thesis summarises the present level of knowledge and evidence on the impact of dance therapy on motor symptoms of neurological disorders through a systematic review. The theoretical part provides a comprehensive overview of dance and dance movement therapy and their impact on the musculoskeletal and nervous system. A part of the thesis is also focused on the characteristics and scope of physical rehabilitation of neurological patients and the characteristics of symptoms of some neurological diseases, namely Parkinson's disease and stroke.

In the second phase, by analyzing the studies obtained by literature search, fifteen recent and relevant articles were included and analyzed. Through analytical analysis of the results of testing and evaluation of each study, it is determined whether and under what conditions dance therapy was effective. The presented articles include studies testing the effect of dance therapy on stability and gait in Parkinson's disease and post-stroke patients. The paper presents a mostly positive conclusion about the effect of dance therapy on stability and functional mobility for patients with Parkinson's disease. It positively evaluates the feasibility and safety of dance therapy for post-stroke patients, where the exact impact of the therapy is still under research. The paper also highlights the limitations of the research regarding standardization of intensity, type of dance and time allotment of therapy.

**Key words:** dance, dance therapy, neurorehabilitation, physiotherapy, Parkinson's disease, stroke