

## **BACHELOR'S THESIS ABSTRACT**

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**Title:** Physiotherapy during and after giving birth spontaneous way

### **Bachelor's thesis abstract:**

This bachelor's thesis deals with problems of childbirth and postpartum period of women and deviations of the musculoskeletal system occurring in connection with spontaneous childbirth and puerperium most frequently. It also deals with the possibilities of physiotherapy, which can be used to alleviate, eliminate or prevent these abnormalities. The aim of the paper is to provide a comprehensive overview of information, to describe the effect of physiotherapy on a woman's recovery after spontaneous childbirth and to compile an information booklet with therapeutic exercises.

The thesis is divided into two parts. In the theoretical part, there is a description of the course and mechanism of spontaneous labour, including the anatomical structures that are most burdened by this process. Physiotherapy options suitable for obstetric care are also presented. More space is dedicated to the postpartum period and it offers a list of physiological and the most common pathological changes, including thrombophlebitis, thromboembolism, birth injuries, pelvic floor muscle dysfunction, diastasis of the abdominal muscles, weakening of the integrated spinal stabilizing system, postural changes and psychological changes. There is also a chapter discussing lactation, but the largest section is devoted to appropriate physiotherapy approaches.

The practical part consists of case studies of two women after spontaneous childbirth and a booklet. Each case study contains a history, an initial and exit kinesiological analysis, an initial and exit questionnaire, physiotherapy goals and plans, and a description of the individual therapies aimed at eliminating pathological changes and current difficulties. In both case studies, the existing pathologies were alleviated or eliminated. The booklet provides descriptions and graphic illustrations of exercises appropriate in the postpartum period from a physiotherapy perspective and can thus serve as a guide for women after spontaneous labour to facilitate their return to fitness.

**Key words:** physiotherapy, childbirth, recovery, puerperium, lactation