

Abstract

The thesis deals with the physiotherapeutic view of the post-covid syndrome and the psychosomatic approach to it. It is based on theoretical studies dealing with the connection between the psychological and somatic aspects of this disease and the extent of its influence on the patient's psychological and physical condition. On the basis of diagnostic tests of postural and respiratory functions, a 6-minute walk test and structured questionnaires (PHQ-9, PHQ-15, CAT and FAS) investigating the subjective feelings of the patient, such as experiencing illness, stress, fear and depression, it establishes possible physiotherapeutic interventions for the treatment of patients with post-covid syndrome. The work in the practical part presents a detailed proposal for a rehabilitation plan for patients with post-covid syndrome, based on the correction of the postural system, physiotherapy using the respiratory and postural functions of the diaphragm, respiratory physiotherapy and overall improvement of physical condition. Its effect is presented in the form of two case studies. Standardized questionnaires show an improvement in the physical and psychological condition of both patients. The results also show that in both cases there was an increase in breathing amplitude, up to 5 cm. The positive impact of the rehabilitation plan on the physical condition of one of the patients monitored on the basis of the 6-minute walking test is also evidenced by an improvement of 17%, which is considered a significant clinical improvement. Subjectively, both patients perceive the effect of the rehabilitation plan presented in this work as very beneficial. The results of the bachelor's thesis thus point to the suitability of including not only a rehabilitation, but also a psychosomatic perspective in physiotherapy intervention for patients with post-covid syndrome.