

Abstract

Title: The Possibilities of Physical Activities for Women after Breast Cancer Surgery

Objectives: The aim of this thesis is to expand upon the theoretical knowledge concerning the issue of breast cancer and the possibilities of physical activities after surgical treatment of this disease. Furthermore, the thesis aims to design a suitable exercise program for the home environment, to monitor the progress of the intervention through online consultations and then to evaluate its benefits.

Methods: The case study method was used with three women after surgical treatment at the ages of 38, 44 and 52. Participant observation, questionnaire survey and qualitative content analysis of the document were used to develop these case studies (measurement results, questionnaire results).

Results: The movement intervention was found to improve shoulder joint mobility on the operated side and to increase the level of motor activity. The individually designed movement programme was perceived positively by the women and some advantages and disadvantages of the online consultation came to light.

Keywords: exercise unit, shoulder joint mobility, individual movement program, telerehabilitation, regimen measures, level of physical activity