

ABSTRACT

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Title: Physiotherapy during COVID-19 pandemic within patients with sclerosis multiplex

Abstract:

This work focuses on the possibilities of physiotherapeutic intervention in patients with multiple sclerosis who experience persistent symptoms after recovering from COVID-19 infection. The main aspects of therapeutic intervention include physical therapy and respiratory physiotherapy. The theoretical part of the work introduces the issue of post-COVID syndrome and delves into its terminology, pathogenesis, diagnosis, prevalence of clinical symptoms, and therapeutic possibilities from both general and physiotherapeutic perspectives. Another part is dedicated to the characterization of multiple sclerosis itself, providing a detailed description of the basic characteristics of this disease. In the concluding section of the theoretical part, topics such as pulmonary rehabilitation, respiratory physiotherapy, and physical therapy are thoroughly discussed. The main objective of this work is to provide an overview of the benefits of respiratory physiotherapy and physical therapy for patients with multiple sclerosis who experience post-COVID syndrome symptoms. As part of this objective, a brochure containing exercises suitable for self-therapy has been created to serve as an educational resource for these patients. The practical part presents three case studies of patients with multiple sclerosis at different stages, who manifest symptoms related to post-COVID syndrome. Each of these patients underwent a series of outpatient therapies supplemented with self-therapy, with support provided through the educational brochure. The results of the therapies were evaluated based on a comparison of initial and final examinations, measurement of respiratory amplitude, and the use of the MAF (Multidimensional Assessment of Fatigue Scale) questionnaire to assess the level of fatigue. As a result of this work, an educational brochure was created for patients for

self-therapy, providing an overview of physiotherapy units primarily composed of respiratory physiotherapy and physical therapy that were applied to these patients. Based on the obtained results, it can be concluded that the health condition of patients improved with the application of individually tailored physiotherapeutic units.

Keywords: respiratory physiotherapy, physical therapy, post-COVID syndrome, sclerosis multiplex

