

Abstract

Title: Individual possibilities of involving relaxation techniques in the rehabilitation care of patients after implantation of a total hip joint endoprosthesis

Objectives: The goal of the thesis is to offer to individual probands the possibility of including relaxation techniques in therapy, beyond the scope of normal rehabilitation after implantation of a total hip joint endoprosthesis.

Methods: The diploma thesis is of a theoretical-empirical nature and is conducted as qualitative research. The monitored group consisted of 4 people - 3 women and 1 man, aged 50 to 55 years, all after primary implantation of a total hip joint endoprosthesis, who were hospitalized in the hospital's rehabilitation department for 3 weeks. The research part of the thesis was focused on the inclusion of exercises with elements of relaxation techniques in the therapy of individual probands. The intervention was an individually designed exercise using elements of relaxation techniques for individual probands. The structure of this exercise changed during the research depending on the fitness of the probands and their current physical and psychological state. The following methods were used for data collection: semi-structured interview, taking anamnesis, inspection, palpation, measurement of joint ranges according to the SFTR method, standardized questionnaires (SF 36, POMS) and numerical pain scale.

Results: The result of the thesis are 4 detailed case studies of patients after hip joint replacement. These case studies record the course of individual exercise interventions, which included exercises using elements of relaxation techniques. Part of the work is an evaluation of the effect of relaxation exercises on the psychological state of individual probands.

Keywords: relaxation, hip joint endoprosthesis, mental state, stress, pain