

Abstract

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Title: Case Study of Physiotherapeutic Treatment of a Patient after Lumbar Spine Surgery

Objectives: The aim of this bachelor's thesis is to summarize theoretical information regarding the diagnosis of lumbar spine stenosis. Furthermore, the aim is to use the practical skills achieved during the bachelor's degree in physiotherapy at the Faculty of Physical Education and Sports of Charles University in the care of a patient after decompression surgery due to spinal canal stenosis.

Methods: In order to process the theoretical part, a literature search was carried out, on the basis of which this part was created. A special part is dedicated to working with the patient, includes anamnesis, initial kinesiological analysis, proposal of short-term and long-term therapeutic plan, detailed description of therapeutic units, output kinesiological analysis and finally evaluation of the therapy effect. This is followed by a discussion where the used therapeutic methods and procedures are discussed with professional publications.

Results: According to the evaluation of the therapy effect, there was a partial improvement in the overall condition of the patient, as a result of the physiotherapy care.

Conclusion: Theoretical knowledge was processed and then practical skills were applied within the special part of this work. I consider the goals of my bachelor's thesis fulfilled.

Keywords: case study, physiotherapy, spinal canal stenosis, lumbar spine