

ABSTRACT OF BACHELOR THESIS

Author: Lenka Bártová

Supervisor: Mgr. Klaudia Fabičovic

Title: Use of physiotherapy techniques in the treatment of endometriosis

Abstract:

This theoretical research bachelor thesis deals with the issue of women with endometriosis. It is a chronic inflammatory estrogen-dependent disease associated with a variety of clinical manifestations, the most common of which are pain and fertility disorders. The treatment of this disease is rather symptomatic and does not always provide the desired effect. Physiotherapy can be used both in perioperative care and as a complementary treatment method aimed at improving the quality of life and influencing some painful symptoms.

The aim of the bachelor thesis is to create a comprehensive overview of endometriosis focusing on its origin, clinical manifestations, and treatment options including physiotherapy. Another goal is to conduct a systematic review of clinical studies examining various physiotherapeutic techniques in the treatment of endometriosis and determine their therapeutic effect. For the special section, 20 studies focusing on the impact of kinesiotherapy, manual techniques, and physical therapy were selected.

Clinical studies were divided into five categories according to the type of intervention used. The most commonly studied is the effect of physical activity, followed by manual techniques, pelvic floor physiotherapy, physical therapy, and relaxation techniques. Based on the findings from the systematic review, the main effects of each type of intervention were evaluated. In most cases, the main effect was a reduction in pain intensity. Additionally, each physiotherapeutic technique was represented by at least one study observing a positive impact on the quality of life.

Key words: endometriosis, physiotherapy, pain, complementary treatment