

Abstract:

This bachelor's thesis focuses on the current practice of gynecological physiotherapy in the Czech Republic. Research was done by structured interviews. The aims of the thesis were: to map physiotherapy procedures in the field of gynecology, to identify the approaches of physiotherapists to the treatment of various gynecological problems, to identify their educational needs, to identify how they collaborate with other medical specialists. The research combines quantitative and qualitative analysis, with the quantitative part focusing on the attitudes of physiotherapists towards the challenges of starting in the field of gynecological physiotherapy and their further education, while the qualitative part examines the variability of approaches by physiotherapists to treatment and collaboration with medical specialists. The conclusions of the quantitative part suggest that gynecologists are not the main source of information about gynecological physiotherapy for most patients. Instead, they obtain information through recommendations from acquaintances or by searching online. Interestingly, the majority of respondents adapt and modify the methods learned from courses based on their experiences and the needs of their patients. This approach to method modification contributes to the flexibility and individualization of the therapeutic approach of physiotherapists in gynecological physiotherapy. The results also show that physiotherapists actively seek further education, but there are specific needs and areas that could be supplemented or improved in course offerings. The conclusions of the qualitative part emphasize the variability of approaches physiotherapists take to treating gynecological problems, the emphasis on professional development, and the need to improve collaboration with other medical specialists. These insights can serve as a basis for future development and enhancement of this important area of women's health care in the Czech Republic.

Key words: Gynecological physiotherapy, method modification, Czech Republic, current practice, interdisciplinary collaboration, education, women's health care.