

The thesis deals with the effect of physical therapy on patients with abdominal hernias. The aim of the theoretical part of the thesis is to summarize the knowledge about the diagnosis of abdominal hernia, the possibilities of rehabilitation and physical therapy. The practical part evaluates the effectiveness of physical therapy performed at the Department of Rehabilitation and Sports Medicine of Motol University Hospital in patients with this diagnosis. Data collection was performed retrospectively over a period of 5 years, 2019 - 2023. Anthropometric parameters (body weight, BMI, waist circumference, umbilical circumference and hip circumference), performance on the ergometer and length of the therapeutic unit were collected. We then compared the data obtained with those obtained after 3 months of physical therapy. There was a significant reduction in all anthropometric parameters, an increase in exercise capacity and an increase in the duration of the therapeutic unit. We also investigated the effect of physical therapy on the length of hospital stay and the incidence of postoperative complications. We were also interested in smoking as a risk factor for postoperative complications. The average length of hospitalization of our patients corresponded to the time reported by the Institute of Health Information and Statistics of the Czech Republic, so the effect of physical therapy on the reduction of hospitalization time was not confirmed. 6 of 63 patients who underwent surgery had postoperative complications. There was no statistically significant effect of smoking on their occurrence. The rehabilitation programme carried out at the Department of Rehabilitation and Sports Medicine of Motol University Hospital is effective. It is important to promote patients' adherence to therapy. Patients' adherence to therapy was problematic, it is important to motivate patients more.