

Abstract

This bachelor thesis summarizes the findings of the world literature on inguinal hernia relevant to its application in rehabilitation. Its aim is to deepen the theoretical knowledge of physiotherapists, demonstrate the application of this knowledge to patients, and also serve as a summary of global recommendations for inspiration.

The theoretical part addresses phylo- and ontogenetic processes related to inguinal hernia issues, risk factors, basic treatment principles, and complications. This is followed by a section focused directly on rehabilitation recommendations, concluding with a summary of goals and individual activities for physiotherapist care during different periods.

The theoretical part integrates practical insights into individual patient therapy and tracks their impact on the patient. To assess the patient's condition, the following measurements are utilized at 6week intervals: umbilicus-SIAS distance, standing on two scales, sagittal mobility index of the thoracic spine, trunk lateral flexion, active and passive range of motion of the hip joint, head and trunk flexion test, visual analog pain scale, and HerQLes questionnaire.

Finally, key findings of the work are discussed in the context of their general applicability to physiotherapy and their specific application to the subjects. Additionally, the discussion addresses questions for which current literature lacks answers and suggests further investigation.