
Abstract

This bachelor's thesis focuses on the application of recommended practices in the rehabilitation of patients with spastic hemiparesis in the chronic stage, resulting from a stroke. Both the theoretical and practical parts of the thesis are focused on upper limb rehabilitation. The main goal is to summarize and verify the significance of therapeutic methods for upper limb rehabilitation based on the latest Guidelines.

The thesis is divided into two parts. The first, theoretical part presents current knowledge and evidence on the effectiveness of established practices in the rehabilitation of spastic hemiparesis. The practical part includes a case study and a subsequent comparison of the therapeutic interventions used with the recommendation levels outlined in the latest Guidelines.

Within the case study, initial and follow-up measurements were conducted after a seven-week therapy period. The Five-step Clinical Assessment in Spastic Paresis according to Jean-Michel Gracies was used for evaluation, which includes the assessment of active and passive range of motion, catch or clonus angle, spasticity level according to the Tardieu Scale, frequency of rapid alternating movements, and objective functional assessment. The modified Frenchay Arm Test was used for the objective evaluation of the function of the paretic upper limb.

The final outcome of this thesis is the verification of the effectiveness and significance of selected therapeutic methods according to the Guidelines. The therapy and measurements were conducted at the Rehabilitation Department of the Central Military Hospital (ÚVN) at the Regional Spasticity Center.