

BACHELOR THESIS ABSTRACT

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Title of bachelor thesis: Using elements of the Pilates method in combination with physiotherapeutic procedures in people with low back pain

Abstract of the bachelor thesis: This bachelor thesis explores the use of the Pilates method components in combination with physiotherapeutic procedures for the treatment of patients with low back pain (LBP) and chronic low back pain (CLBP). The aim of the thesis was to design and apply Pilates therapeutic modalities for people with low back pain. The results showed that regular Pilates exercise leads to improved movement patterns, strengthening of the deep spinal stabilization system and increased spinal mobility. An individual approach and regularity of exercise are key factors in achieving optimal results. This thesis supports the integration of the Pilates method into rehabilitation programs for patients with low back pain.

Keywords: Pilates, physiotherapy, low back pain, lumbar spine pain