

The aim of this thesis was to evaluate the impact of physiotherapy and exercise frequency on primary dysmenorrhea in a group of nine women with primary dysmenorrhea. The incidence of joint dysfunctions and muscle trigger points in comparison with a control group was also examined. The women participated in individual and group physiotherapy and performed special exercises at home. Soft tissue and joint mobilisation techniques, dynamic neuromuscular stabilization according to Kolar and exercises according to Mojziso娃 were used. In most cases physiotherapy had positive effect on dysmenorrhea, especially in reducing low back pain during menstruation. There was higher incidence of trigger points and joint dysfunctions in the group with primary dysmenorrhea, in particular in the pelvic region. Women with higher exercise frequency experienced less severe dysmenorrhea.