

ABSTRACT

TITLE OF WORK: The individual regeneration programmes for the improvement of the clinical symptoms and dysfunctions of the locomotive system in patient with multiple sclerosis.

WORK AIMS: The aim of the work is to suggest and clarify the individual regeneration programmes for the improvement of the clinical symptoms and dysfunctions of the locomotive system in patient with multiple sclerosis. This work should find out to what degree the regeneration programmes influence the improvement of the clinical symptoms and dysfunctions of the locomotive system in patient with multiple sclerosis and what the influence of the duration of these programmes is.

METHOD: The method of this research was to create the individual regeneration programmes, which included: exercises of the pivotal regions of the correct body postures, modified spinal exercises, particular individual exercises to stretch the muscles, breathing exercises, exercises of Feldenkrais method, eye exercises, the positive effect on the mind and relaxation methods.

It was used the neurological tests, clinical tests and the method of the palpation and aspection. The evaluation of the improvement of the clinical symptoms and dysfunctions of the locomotive system was under way on the basis of the clinical tests of the measured parameters (spastic, muscle force, balanced reactions in sitting position, balanced and coordination abilities, straighten and balanced reactions and reactions of Bobath's conception, foot walk, tremor and dysmetrie. The measured parameters was then evaluated by the comparison of the value before and after the individual regeneration programme.

RESULTS: On the basis of the comparison of the value of the measured parameters before and after the programme was find out, that created individual regeneration programmes had the positive influence on the improvement at least some one clinical symptoms and dysfunctions of the locomotive system in some patient with multiple sclerosis or had at least the positive influence on their mind..

KEY WORDS: Multiple sclerosis, auto-immune disease, demyelination, clinical symptoms, dysfunctions, locomotive system, rehabilitation.