

In the theoretical part the thesis gathers basic information on carpal tunnel syndrome (CTS) – its etiology, pathophysiology and clinical picture. The thesis further describes the anatomy and function of hand following the CTS, the diagnosis of disease and treatment options. The thesis also presents possibilities of prevention when working with computers.

In the practical part the thesis describes a case of a patient with the CTS disease and suggests using an appropriate treatment methods to postpone a surgery.

For treatment application a female patient 36 years old diagnosed by a neurologist with severe stage of CTS has been selected. The patient completed 8 individual targeted therapies during four weeks with thorough investigations and various methods of treatment applied, particularly the mobilization, electrotherapy, thermotherapy including an auto-therapy brie-fing.

The results showed that the therapy brought subjective and objecti-ve improvement and surgical treatment could be postponed. The impro-vement of subjective symptoms continues passing time interval after the physiotherapy.

The practical part of this thesis has been limited by possible number of therapies as well as by the therapy duration.