

A great number of the adult population suffers from back pain, which relates to improper lifestyle and inadequate use of locomotive apparatus. On these bases, functional and later on even structural changes may appear in the body. Structural changes are most often managed surgically. In case erroneous locomotive stereotypes and uneconomic use persist even after a surgery, relapse and other problems may occur. This thesis focused on the urgent dilemma of the vertebrae-surgery patients and the necessity of their postsurgical rehabilitation. Factors and causes, which may possibly lead to prolapsed disc, are discussed in this thesis. Further on, the possibility of developing a Failed back surgery syndrome is mentioned in connection with a surgical solution of vertebral diseases. One of the main causes of this syndrome occurring in patients is neglecting postsurgical rehabilitation. Therefore, I highly emphasized the importance of postsurgical rehabilitation in my thesis.

For a successful recovery, immediate postsurgical care as well as education of the patient and long term precautions is essential. The ultimate goal is to cultivate such locomotive habits that would restrain relapse of the problems. These habits include mainly active exercise and an adequate use of the locomotive apparatus. This is also discussed in the conservative, McKenzie's concept as well as in the Back School's concept. For better understanding of the topic, sensor-locomotive stimulation is also described. This stimulation helps to optimize ratios in the locomotive system.

My thesis includes a casuistic of a female patient with vertebral problems, on whom the McKenzie's therapy has been applied with positive results. In the conclusion my thesis highlights the importance of vertebrae patients' postsurgical rehabilitation together with the relevancy of educating patients on their active involvement in the rehabilitation process.