

Abstrakt v anglickém jazyce

Management of physical activities in multiple sclerosis patients

The thesis introduces how is possible to organise physical activities in groups of multiple sclerosis patients. First theoretical part of thesis describes the multiple sclerosis as one of the most frequent neurological disease with its typical symptoms and possible farmacologic treatment. There are also few comments about patients attittude to physical activity, their adherence to regular physical activity and how to motivate them for better compliance. Lastly this theoretical part contains international recommendation concerning type, intensity and duration of exercise in multiple sclerosis patients.

The second part of thesis is about practical experiences with group exercise management in our organization (MS Center, 1st Faculty of Medicine and General University Hospital in Prague). The experiences from group exercise are analysed from three diffrent points of view: objective measurement of gait parametres, exercise attendance and data gained from patient questionnaire.

Final part summarises knowledge from theoretical and practical part. In this part I tried to make some recommendation for management of group exercise in multiple sclerosis patients.

Key words: multiple sclerosis – exercise – physical activity – group exercise – motivation