

Abstract

Title: Whiplash syndrome-evaluation of the therapy effect through various physiotherapeutic approaches

Objectives: The aim of this diploma thesis is to find out which treatment method is the best suited for the reduction of the convalescence period in an acute whiplash syndrome and how the treatment can the most effectively affect chronic whiplash syndrome. This thesis also summarizes the most recent knowledge regarding this issue.

Methods: The diploma thesis is processed in the form of a literary review, it has an analytic descriptive character. The thesis is divided into two parts, the first part deals with the theoretical point of view and the second part deals with the thesis methodology together with results. The theoretical part is dedicated to the problematic itself and physiotherapeutic methods used in the treatment of whiplash syndrome in the form of passive and active approaches. The second part describes a criteria methodology for studies which are included in the thesis. Conclusions of the studies are discussed together with their effects.

Results: A total of 23 studies have been selected for this thesis. The recommended threatment for the acute whiplash syndrome is a form of the active approach. From the physiotherapeutical methods perspective – The McKenzie Method and therapeutic exercise are used; however it is not clear which one of them is more effective. The answer, for the questions related to which approach is the most effective for a chronic stage, is uncertain. Based on the studies the chronic whiplash syndrome can be mostly influenced by multidisciplinary approaches along with the patient education. Excesive exercise programs had only short term results. The positive benefit was also found in the therapeutic exercise program in the form of the neck specific exercises.

Key words: whiplash syndrome, acute whiplash associated disorder, chronic whiplash associated disorder, treatment, active approach, passive approach, physiotherapy, physiotherapy methods