

Annotation

The subject of this thesis is spasticity in individuals with spinal lesions. The aim is to evaluate and compare a short-term effect of selected physio-therapeutic methods on spasticity of lower limbs in spinal patients. Two methods of comparison were chosen – passive stretching and the Vojta's reflex therapy. The work consists of two parts. The theoretical part describes the problems of spinal lesions, central motoneuron syndrome and spasticity, including its pathophysiology and investigation and therapeutic approaches. The practical part contains an attempt to verify and subsequently compare the immediate antispastic effect of the chosen methods, which is an important prerequisite for the following active exercises as an inseparable part of a physiotherapeutic exercise unit. Clinical evaluation scales are used to evaluate spasticity, namely Modified Ashworth Scale (MAS) and Muscle Excitability Scale (MES). The results are then compared with other studies and literature.

Keywords

spinal lesions, quadriplegia, Modified Ashworth Scale, Muscle Excitability Scale, Vojta's method, stretching