

Bibliographic identification

BLÁHOVÁ, Zuzana. Effectiveness of conservative treatment of lumbar disc herniation. Prague: Charles University, 2nd Faculty of medicine, Department of Rehabilitation and Sports Medicine, 2019. 90 pages. Supervisor: Mgr. Júlia Demeková

Abstract

This bachelor's thesis deals with a topic of diagnostic and therapy of a lumbar disc herniation. A brief description of anatomy and biomechanics of lumbar spine and intervertebral disc is provided in the theoretical findings outline. Also differential diagnostic and therapy options of this disease are clarified there. The aim of the thesis is to confirm the effectiveness of conservative treatment in terms of physiotherapy intervention, and to compare the effectiveness of two methods – McKenzie (MDT) and Dynamic neuromuscular stabilization (DNS).

Sixteen patients treated by MDT and four others treated by DNS participated in the experimental part of my thesis. I created a questionnaire in order to obtain data from the patients, in which they filled in intensity of pain on the numerical scale of pain (0-10) at that moment. They also completed the Czech version of *the Roland-Morris disability questionnaire*, which evaluated their degree of disability at the same time. The questionnaire was filled in twice, at the beginning of the therapy and then after six weeks. The patients treated by MDT improved significantly both in the pain intensity and in the degree of disability. The patients treated by DNS improved significantly just in the degree of disability. In comparison of both these methods no statistically fundamental difference has been identified regarding to effectiveness in either pain intensity therapy or disability degree therapy.

Keywords

Intervertebral disc displacement, lumbar spine, radicular syndrome, McKenzie method, Dynamic neuromuscular stabilization