Title of thesis: Physiotherapy for bariatric surgery patients

Abstract:

This bachelor thesis is focused on physiotherapy for patients after bariatric surgery. The main aim of the study is to create a handbook for bariatric patients, which they will be able to exercise at home. Partial aim is to find out how the quality of life and pain perception of bariatric patients changes due to group exercise, individual physiotherapy and bariatric surgery itself. The SF-MPQ, DIBDA, map pain and IWQOL-Lite questionnaire were used to determine the results.

The theoretical part describes the diagnosis and examination of obesity, health complications associated with obesity and its treatment, both conservative and surgical. It also summarizes the indications and contraindications of bariatric-metabolic surgery and types of procedures. Furthermore, it focuses on physical activity in bariatric patients and the role of physiotherapist in bariatrics.

The practical part contains case reports of two patients, who underwent bariatric surgery and then attended group exercise and individual physiotherapy for four weeks. The initial examination, including questionnaires, was performed about a week before the surgery. The same type of questionnaires was used in the final examination after four-week therapy, which started 3-4 weeks after the surgery. The quality of life after bariatric surgery and four-week therapy improved significantly (by 40 %) in case of patient number 2 and very little (by 1 %) in case of patient number 1. The pain of patients decreased or remained the same. On the basis of combination of experiences from therapies and exercise guidelines published on foreign bariatric clinics and centers webs, a handbook was compiled, which can serve as a guide for patients how to move properly and how to exercise at home.

Key words: obesity, bariatric surgery, bariatric patient, physical activity