

## **Bibliographical report**

NOVOTNÁ, Dominika. *Physiotherapy in dysmenorrhea*. Prague: Charles University, 2nd Faculty of Medicine, Department of Rehabilitation and Sports Medicine, 2022. 110 pages, 7 attachments. Thesis supervisor Mgr. Michaela Havlíčková.

## **Abstract**

The theme of this bachelor's thesis is dysmenorrhea, one of a common problems in women. Physiology of the menstrual cycle and the effect of sex hormones on the female body, description and pathogenesis of primary and secondary dysmenorrhea, pain and its connection to the cycle are all included in the theoretical part as well as functional disorders of the musculoskeletal system typically found in patients suffering from dysmenorrhea. Theoretical part then stresses the importance of differential diagnosis between primary and secondary dysmenorrhea and is concluded by a summary of individual methods and concepts used in the therapy of both primary and, if possible, secondary dysmenorrhea.

Knowledge from the theoretical part is then used in the practical part: case report of a patient with primary dysmenorrhea which contains of kinesiological analysis and therapy using selected methods of physical therapy.

## **Keywords**

Primary dysmenorrhea, secondary dysmenorrhea, menstrual cycle, pain, physiotherapy

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