

Abstract:

The bachelor's thesis is devoted to the issue of physiotherapy intervention in patients with multiple myeloma hospitalized in the transplant unit, who are currently in a state shortly after high-dose chemotherapy followed by autologous hematopoietic stem cell transplantation. The theoretical part includes the basic classification of haematoma-oncological malignancies, a description of the multiple myeloma disease, its incidence and prevalence, symptoms of the disease, diagnosis, treatment options, the effect of long-term hospitalization on the body, symptoms of the disease relevant for the initiation of physiotherapy intervention. The conclusion of the theoretical part deals with the current issue of physiotherapy in patients with multiple myeloma.

The practical part consists of three case reports of patients with multiple myeloma who were hospitalized in the transplant unit shortly after undergoing high-dose chemotherapy followed by autologous hematopoietic stem cell transplantation. Their case reports include an initial examination, a description of therapies and an exit examination of individual patients. The practical part also introduces a set of exercises, which should serve as inspiration for patients for suitable exercises that they can perform themselves during the day, but only after consultation with the doctor. The exercise set includes recommended exercises in lying, sitting and standing positions and is designed to prevent thromboembolic disease and deconditioning, maintain physiological ranges in joints and muscle strength, including activation and strengthening of the deep stabilization system. The practical part also contains a ten-point guide for physiotherapists, which summarizes the basic recommendations when working with patients with multiple myeloma, along with some contraindications to physiotherapy intervention.

Keywords: multiple myeloma, physiotherapy, autologous transplantation, exercises