

ABSTRAKT BAKALÁŘSKÉ PRÁCE V AJ

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Title: Solving respiratory dysfunctions caused by long Covid using combination of physiotherapeutic tools and yoga principles

Abstract:

This thesis deals with the possibilities of physiotherapy intervention combined with the principles of yoga in patients with long Covid with respiratory dysfunctions. The theoretical part contains a comprehensive overview of the issues of long Covid. It deals with its terminology, epidemiology, risk factors, and multisystem clinical symptoms. Furthermore, this thesis focuses on the treatment of long Covid and the possibilities of physiotherapeutic intervention, mainly through respiratory physiotherapy. Selected exercises and techniques of respiratory physiotherapy as well as selected yoga positions and techniques suitable for dealing with long Covid are described in more detail.

This work aims to find out the possibilities of physiotherapy intervention in patients with long Covid suffering from respiratory dysfunctions, and to create educational material in the form of a booklet of exercises and techniques for self-therapy. Another goal of this work is to create a suitable physiotherapy unit and apply it to a sample of three patients.

The practical part of the thesis contains 3 case reports of patients with long Covid with manifested breathing disorders. These patients completed their therapy together with home self-therapy according to the booklet. The results of the therapies were evaluated on the basis of a comparison of the results of the entrance and exit examinations that the patients underwent. The objective examinations were 6MWT with continuous measurement of SpO₂, thoracic excursion, measurement of MIP, and testing of core function using a tonometer.

The result of this work is the creation of a booklet for self-therapy and the assembly of a suitable physiotherapy unit. From the comparison of the values of the entrance and exit examinations, it can be said that the physiotherapy unit was appropriately set up and, in combination with home self-therapy, most of the monitored parameters in the patients were positively affected.