

BACHELOR THESIS ABSTRACT

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Title: Using yoga elements in patients with COVID Stress Syndrome from the physiotherapy point of view

Bachelor thesis abstract:

The bachelor thesis is of a theoretical-practical type. The main focus is to propose and to apply chosen yoga elements in patients with COVID Stress Syndrome. Minor goals of this thesis are to create an informational brochure and to translate COVID Stress Scales to Czech language. Special emphasis is then given to hatha yoga, that is therapeutical unit based on. In the practical part, the therapeutical unit compounded of six asanas and three breathing techniques were introduced to two probands and its effectivity was assessed especially with the questionnaire created beforehand and with translated COVID Stress Scales. Therapies were online. Based on the results of physical therapy interventions, there was an improvement in both patients.

Key words: physiotherapy, covid, covid stress syndrome, hatha yoga