

BACHELOR THESIS ABSTRACT

Author: Kristýna Jandová

Supervisor: Mgr. Silvie Táborská

Title: Therapeutic methods of physiotherapy in treating patients with hypermobility syndrome

Abstract

This bachelor thesis deals with issue of hypermobility syndrome and its therapeutic methods. The work is a research character and consists of theoretical and special parts.

The theoretical part provides an overview of the current knowledge about hypermobility syndrome. It covers and etiology, prevalence, clinical manifestation and diagnostic methods of hypermobility syndrome. The final chapter of this part provides therapeutic methods for individuals with hypermobility syndrome.

The special part of this thesis is a literature review of clinical studies focusing on the most commonly used methods in the treating hypermobility syndrome. The aim of the special part is answer the questions of which therapeutic approaches are suitable for patients with hypermobility syndrome and what is duration of therapy to influence hypermobility syndrome.

After studying the literature and conducting the systematic review, the most suitable therapy is deemed to be exercises in closed kinematic chains and exercises that increase proprioception and influence postural stability.

Exercise mainly plays a role in reducing pain, improving proprioception and endurance, or increasing muscle strength. Given that hypermobility syndrome is a complex problem, it is appropriate to include psychological intervention or other forms of pain management treatment.

Key words: hypermobility, hypermobility syndrome, physiotherapy, physical therapy, physical treatment, exercise