

ABSTRAKT

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Title: Vertebrogenic disorders in mothers on parental leave and their prevention from the perspective of an occupational therapist

Abstract:

This thesis deals with the issue of vertebrogenic disorders in mothers on parental leave in the Czech Republic. The topic is treated from the perspective of an occupational therapist. It is a research type of work with a predominance of quantitative research. The main aim was to find out whether mothers on parental leave suffer from vertebrogenic difficulties, what is the nature of these difficulties, what may contribute to their occurrence and how vertebrogenic difficulties can be prevented. The output is educational material that covers ergonomics in carrying out the normal daily activities that are part of childcare. In the theoretical part of the thesis, search strategies were used to search Czech and foreign bibliographic sources. The theoretical part focuses on vertebrogenic diseases, ergonomics, occupational therapy intervention, parenting and child care. The practical part describes the research methodology and the results of the questionnaire survey. The questionnaire aimed to map the issue in a sample of the population in the Czech Republic and focused mainly on activities with a high level of biomechanical risk. A total of 113 women on parental leave completed the questionnaire. The results are processed and evaluated. Interpretation of the results is included in the discussion. On the basis of the results, an educational material for women caring for young children up to 4 years of age in the Czech Republic has been developed and is attached to this thesis..

Key words: Occupational therapy, Baby care, Ergonomics, Vertebrogenics disorder, Mother, Parenting, Parental leave

