

ABSTRACT

This bachelor thesis explores the role of psychosomatics in people with chronic back pain from the physiotherapeutical point of view. The objective is to discover, what are the capabilities of physiotherapy in affecting chronic back pain in patients with increased psychological strain regarding significant influence by the psychosomatic phenomenons. Another objective is to observe the effect of physiotherapeutical interventions in these patients on physical and mental level, comparing it with the effect attained by their combination with psychotherapy.

The theoretical part is discussing characteristics of the chronic back pain state and difficulties of its treatment, it offers an insight into the principles of psychosomatic approach with its current situation and outlines the principles of a development of psychosomatic disorders. It also focuses on the mechanisms of the influence of stress on the human organism and discusses the options of physiotherapy in treatment of chronic back pain.

The practical part contains the results of the questionnaire surveys and their analysis in four patients with chronic vertebrogenous difficulties and a significant input mental strain. Two groups of these patients were observed – the first group attended physiotherapeutical interventions and the second group underwent physiotherapeutical interventions combined with psychotherapy at the same workplace. The questionnaire survey focused on the present pain and mental state, which were observed before and after experiencing eight weeks of treatment. The chosen demonstrative cases are presented within case histories which are supplemented with a graphic and tabular processing of the results and their description with an assessment of the treatment effects. At the end of the practical part, a statistical analysis is also presented, which deals with an effectivity of one and the other treatment in influencing pain and psychological difficulties.

The results are suggesting that properly administered physiotherapy can significantly improve the state of patients with psychosomatic chronic back pain – both in terms of pain and psychological state, across psychopathological symptoms. Both combined treatment and physiotherapy alone produced a statistically significant difference in the two observed parameters.

This study shows that with knowledge of psychosomatic issues and the capability to use the available potential of physiotherapy, a noticeable improvement in pain and psychological state in people with psychosomatic chronic back pain can be achieved. It would be appropriate

to expand the research sample by a larger number of subjects and to supplement the patients' profiles with a more detailed psychosocial history, or to extend the observation period.

Key words: chronic back pain, vertebrogenous painful syndrome, psychosomatics, stress, physiotherapy, psychotherapy