

BACHELOR THESIS ABSTRACT

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Opponent:

Name of the bachelor thesis:

Compensation exercise for one-sided profession

Subtitle: Medic Pathologist

Abstract:

This bachelor thesis deals with the possibility of application of autotherapy to a selected group of workers whose work is carried out in forced positions. The thesis is divided into the theoretical and practical part.

In the theoretical part, the problems of spinal pathology including anatomy, kinesiology and ergonomics of sitting and standing are discussed. The basic characteristics of the therapeutic methods, which are used in the practical part, are also given.

The practical part includes a case report of one selected patient representing the category of physicians of pathologists, for which, according to the information provided, an exercise plan was made. After a two-month therapeutic intervention, the applicability of this type of therapy to a given range of workers was assessed.

The aim of the bachelor thesis was to create educational material for use in the prevention or to compensate for already created health problems in a given group of doctors due to workload. The next aim is to publish educational material in faculty bulletin.

Key words: compensation exercise, one-sided profession, prevention, physician, self-therapy