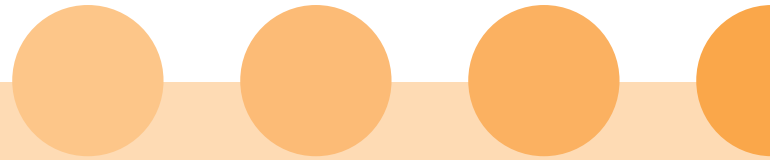


Pavel Kolář et al.

CLINICAL REHABILITATION



FOREWORD

The main motivation for me to begin work on this textbook was an effort to refine knowledge of the qualified public about rehabilitation and provide a framework regarding the true objectives of this field. Our profession is sometimes misconceived as massage therapy, exercising after orthopedic procedures, rehabilitation and sometimes it is reduced to only the use of therapeutic agents (modalities). I have also encountered the opinion that it is linked to or even directly considered some kind of an alternative treatment. Another important motivation for me was the lack of current study materials for physicians undergoing residencies, for graduate and post-graduate physical therapy students, as well as for physicians of other clinical specialties who want to be introduced to the methods of treatment rehabilitation used in their specialization.

In my view, I consider it essential that the foundation for rehabilitation treatment approaches be neither a trend nor a school of thought (chiropractics, osteopathy, musculoskeletal medicine), but rather a wide, general foundation in the fields of clinical physiology and neurophysiology. It also needs to be appreciated that rehabilitation is not only limited to diagnostic and treatment methods, but it also attempts to limit the extent of psychological, behavioral and social changes related to the consequences of an injury or illness. Therefore, rehabilitation should not be perceived as strictly a medical field but a field that overreaches these boundaries and extends into the social, academic and work arenas. Comprehensive (integrated) rehabilitation applies to individuals whose health was compromised to a varied extent as a result of an illness, injury or a congenital defect and who require special assistance to achieve the highest possible level of independence. A person with a disability perceives limitations that they are unable to overcome while performing certain activities but they feel able and healthy in a number of other activities. Removing and solving these limiting problems is one of the particularly important tasks of rehabilitation. Therefore, the concept of rehabilitation must complement not only the treatment process but also the subsequent rehabilitation process.

From this point of view, rehabilitation is a very broad field which cannot be covered in detail in one book. Similarly, it is not possible to cover this extensive subject by one specialist. Success is based on a coordinated effort of various specialists.

In this book, I focused on the treatment component of rehabilitation and devoted more space to it than the educational, social and occupational areas. Given the fact that the diagnostic and treatment approaches of rehabilitation are focused primarily on the movement system, this field reaches into practically all clinical fields (neurology, orthopedics, internal medicine, oncology, immunology, psychiatry, etc.). Movement function plays an important role in all of these clinical fields. This is because physical activity and its repeated action manifest themselves by a change in function in a number of systems (cardiorespiratory, immune, central nervous system and metabolic changes), which allows for influencing these systems through modulation of its intensity, frequency and form. Another reason why rehabilitation reaches into several medical fields is the fact that the sensory afferent inputs from the entire body are always processed not only within its own sensory modality (visual, acoustic, proprioceptive, integumentary, etc.), but also within an integrated motor function. Our eyes, respiratory muscles, tongue, etc. serve not only the function they are dominantly selected for, but they also participate in postural and locomotive functions. This is well observed in athletic performances in which maximal force or a precisely accurate movement needs to be accomplished. For example, to strike a ball with required force, a tennis player makes a movement with their extremity, which is linked to a face expression, movement of the tongue in the direction of the stroke, eye movement in the direction of the stroke, modification of breathing by diaphragm activity (a grunt, Valsalva) to facilitate trunk stabilization, position of the contralateral extremity into the opposite (reciprocal) position etc. It is an overall involuntary movement pattern that interlinks individual sensory modalities and, thus, it is related to the majority of medical fields. This principle of modality integration within postural locomotor functions is a component of CNS development and it was established based on this principle. The fact that the described integration occurs at higher levels of control than the spinal cord and the brain stem is significant. This can also provide hypotheses regarding the effects of a number of alternative approaches whose justification of spinal cord and brain reflexology is not sufficient and is therefore substituted in clinical practice by alternative explanations. These central programs are organized above the brain stem level and can explain why functional pathologies become

chained in predetermined sequences; why needle application in a single point has functional consequences in a completely distant area of the body including the visceral region; why an internal dysfunction does not only show reflexive response in the corresponding segment but in quite distant areas and in various afferent modalities (skin hyperalgetic zones, changes in dermographism, muscle trigger points, joint restrictions, etc.); why respiratory function can be influenced through eye movement (eye movement automatically causes change in the breathing pattern); why breathing pattern changes with a change in hand position, and a number of other phenomena. The control system of the postural locomotor functions then provides us with a program that offers a completely new approach in the understanding of rehabilitation approaches.

Clinical diagnosis focused on symptomatology organized within postural locomotor functions should not be considered an exclusive component of treatment rehabilitation but also a component of the remaining clinical specialties.

I based the structuring of the General and Special Sections of the textbook on the function of the movement system in relation to individual clinical specialties. Therefore, I did not base them on diagnoses but rather on the functional manifestations of the disease. The General section of the textbook includes functional symptomatology and syndromology in dysfunctions of the nervous, musculoskeletal and internal systems and their clinical and laboratory examinations. The majority of treatment approaches are also presented in this context meaning that the treatment based on symptomatology and syndromology dominates. In the Special Section of the textbook, treatment rehabilitation is presented in individual clinical specialties – neurology, orthopedics, internal medicine, oncology, gynecology and psychiatry.

I purposely devoted less attention to occupational therapy, balneology and therapeutic agents (modalities) than these treatment approaches deserve. The reason is not to underestimate their value, but rather them already being reasonably available and sufficiently described elsewhere.

In clinical approaches of the General Section of the textbook, I have extensively drawn from and expanded on a trend known worldwide as the “Prague School.” In rehabilitation, the roots of this school of rehabilitation can be found in the Neurology Clinic of Professor Henner whose concept of neurology was very broad and therefore included even vascular diseases and movement system diseases within neurological symptomatology. Treatment rehabilitation was promoted by K. Obrda who, together with J. Karpisek, wrote the first rehabilitation textbook for neurological diseases and organized an international congress in 1965. On the theoretical level, F. Vele and

O. Stary played an important role. Stary and K. Lewit demonstrated the significance of painful functional deficits of the movement system. In this aspect, the large contribution of Professor J. Jirout who was the founder of functional radiology of the spine, needs to be remembered. Thanks to the work of Professor V. Janda, the basic significance of movement patterns was gradually understood and the term “functional pathology of the movement system” was established. This presentation was even further strengthened by the influence of scientific studies and personal contact with D.G. Simons and J.G. Travell to whom we are grateful for providing detailed knowledge of muscle trigger points that also cause a limitation in joint mobility, so called joint restrictions. To understand the function of the movement system, individual dysfunctions, such as trigger points and joint restrictions, need to be understood in the context of the entire movement system, i.e. the laws of chaining of functional dysfunctions. The key to this understanding was a better knowledge of the control function of motor skills. The new approach of treatment rehabilitation during movement re-education is based on utilization of knowledge about human motor development. This new trend enriches the current empirical and physical approaches by findings originating from the control processes of the CNS that mature during motor development. Dr. Vaclav Vojta, whose work we are currently trying to continue, has a significant role in this approach. Professor Vojta also came from Henner’s department and his conceptualization is an inherent component of contemporary clinical rehabilitation practice. Unfortunately, the neurophysiological principle of the entire approach to developmental kinesiology is still not fully appreciated due to disagreements about indication and the type of application of the Vojta method. However, not many critics understand the true basis of the Vojta approach. What is essential and substantial is not only the way that rehabilitation of movement dysfunction is utilized, but also the fact that the concept of developmental kinesiology is combined with the neurophysiological view relying on the findings of neurosciences associated with the currently predominant physical mechanical views.

In this book, I was also trying to respect and emphasize more certain general principles that condition the treatment effect, however, to convey the information in a written form is significantly limited for some of them. The respect for a comprehensive patient perspective is one such principle. The fact that human life occurs under specific biological, psychological, social-psychological, materialistically economic and ecological conditions needs to be implanted within the diagnostic, treatment and preventative approaches. Diseases and injuries cannot be viewed in isolation but rather need to be integrated within the context

of such relationships because the treatment processes and rehabilitation are significantly affected by them.

I also aspired to prevent this textbook from becoming a proponent of only one method but rather support a variety of rehabilitation approaches based on a person's individual needs. The problem is that this does not allow for providing a clear-cut treatment approach for movement dysfunctions because these approaches need to also be modified to the patient's, and sometimes even the therapist's, personality. In this context, protocols based on one uniform foundation outlining what and how much needs to be done cannot be implemented. These approaches are a method of choice, offering the option of finding individual solutions to how to effectively proceed and how to best modify the approach for a specific individual.

It is almost impossible to express in written form some principles that significantly affect the results of a rehabilitation treatment. This, for example, includes the mutual trust between the patient and the rehabilitation specialist, which cannot be substituted by a client-expert relationship or by a work performance contract. The importance of effective communication, charismatic approach, suggestive appeal and one's own experience developed by sensory perceptions are additional examples.

Despite these limited options, I believe that this book will assist in better orientation in the broad field that rehabilitation truly is and thus will help fulfill the purpose for which it was written.

Pavel Kolar

CONTENTS

I GENERAL SECTION

INTRODUCTORY SECTION

Pavel Kolář

REHABILITATION CONCEPT AND DEFINITION	2
<i>Jan Calta, Pavel Kolář</i>	
Current State of Providing Rehabilitation.....	2
TREATMENT (MEDICAL) REHABILITATION	2
SOCIAL REHABILITATION	5
TOOLS OF SCHOOL-BASED REHABILITATION.....	5
TOOLS OF VOCATIONAL REHABILITATION	5
PREVENTATIVE ROLE OF REHABILITATION	5
FUNDAMENTAL PRINCIPLES	
OF REHABILITATION.....	6
INDIVIDUAL TYPES OF REHABILITATION	
SETTINGS.....	7
CLASSIFICATION OF FUNCTIONAL CAPABILITY,	
DISABILITY AND HEALTH	8

TREATMENT REHABILITATION – DIAGNOSTIC AND THERAPEUTIC APPROACHES

REHABILITATIVE CARE

Pavel Kolář

REPOSITIONING	13
Indications for Repositioning	13
Principles of Repositioning	13
Goals of Repositioning	14
Types of Repositioning	15
<i>Pavel Kolář, Jiří Kríž</i>	
VERTICALIZATION.....	17
PATIENT MOBILIZATION	17
Mobilization goals	17
Prevention of Heterotopic Ossifications.....	18
Types of Mobilization	19
Active Movement	20

TREATMENT REHABILITATION FOCUSED ON RESTORATION OF A FUNCTIONAL DEFICIT

Pavel Kolář

Functional Emphasis of Methods in Treatment	
Rehabilitation.....	21
<i>Karel Lewit, Pavel Kolář</i>	

Pain and Movement System Dysfunction.....	21
<i>Karel Lewit, Pavel Kolář</i>	

A. DIAGNOSTIC PROCEDURES

1 ASSESSMENT APPROACHES FOCUSED ON THE FUNCTION OF THE MOVEMENT SYSTEM

Pavel Kolář, Karel Lewit, Olga Dyrhonová

FUNDAMENTALS OF A CLINICAL ASSESSMENT.....	25
PATIENT PRELIMINARY CASE HISTORY	
(ANAMNESIS)	25
OBSERVATION (ASPECTION)	28
PALPATION	29
<i>Karel Lewit</i>	
AUSCULTATION.....	32
<i>Petr Bitnar</i>	

1.1 NEUROMUSCULAR FUNCTIONS AND THEIR CLINICAL EXAMINATION

Pavel Kolář

Muscle in Reflexive Context as Part	
of the Movement System	34
Motor Patterns	34
Movement Stereotypes.....	35
CLINICAL MANIFESTATIONS AND EXAMINATION	
OF NEUROMUSCULAR DYSFUNCTIONS.....	36

I FUNCTIONAL AND NEUROLOGIC SYMPTOMATOLOGY

1.1.1 Examination of Postural Functions

Pavel Kolář

POSTURE	37
Postural Function – Normal	37
Development of Posture	37
Reflex Model of Posture and Locomotion.....	39
Circumscription of the Term Posture.....	39
Postural Stability.....	40
Postural Stabilization	40
Postural Reactibility	40
Postural Disturbances	42
STANDING	44
Examination of Individual Body Regions	44

Modified Examination of Standing.....	49	Kinesthesia	73
ASSESSMENT OF STANDING IN NEUROLOGIC DISORDERS.....	50	Perception of Vibration	73
GAIT	50	Two-point Discrimination	73
<i>Petra Valouchová, Pavel Kolář</i>		Topognosis, Graphesthesia.....	74
Phases of the Gait Cycle.....	50	Stereognosis.....	74
Types of gait according to V. Janda	50	Clinical Sensory Syndromes	74
Examination of Gait in a Clinical Setting.....	51	1.1.4 Assessment of Reflexes	75
Laboratory Examination of Gait.....	52	<i>Pavel Kolář</i>	
Typology of Gait Dysfunctions from a Neurological Perspective.....	52	MYOTATIC REFLEXES	75
Examination of Postural Stabilization and Postural Reactibility	54	Upper Extremities Myotatic Reflexes	75
<i>Pavel Kolář</i>		Myotatic Reflexes of the Lower Extremities.....	75
1.1.2 Examination of Muscle Tone.....	60	EXTEROCEPTIVE REFLEXES.....	76
<i>Pavel Kolář</i>		IDIOMUSCULAR RESPONSE	76
Reflex Regulation of Muscle Tone.....	60	PATHOLOGICAL REFLEXES	76
Connective Tissue Component of Muscle Tone.....	60	Pathological Reflexes Elicited in the Upper Extremity.....	76
DEFICITS IN MUSCLE TONE.....	61	Pathological Reflexes Elicited in the Lower Extremity.....	77
Hypertonia and Spasm	61	Clonus	78
Contracture	61	Mediopubic Reflex.....	78
Local Hypertonic Changes in Muscle Tissue.....	61	1.1.5 Examination of Involuntary Movements.....	78
<i>Zdeněk Čech</i>		<i>Pavel Kolář</i>	
Trigger Points – Clinical Characteristics.....	62	TREMOR.....	79
Histological Findings in the Area of a Trigger Point	62	SPASMS	79
Localization of Trigger Points.....	62	MYOCLONUS	79
Foundation of Trigger Point Formation in Muscle Tissue	62	FIBRILLAR AND FASCICULAR TWITCHES.....	79
Trigger Points versus Tender Points.....	63	CHOREIC AND ATHETOID HYPERKINESSES	79
Local Muscle Twitch	63	Athetosis	79
Trigger Points as a Source of a Spontaneous Myofascial Pain.....	63	Chorea.....	79
Examination of Trigger Points with the Help of Instrumentative Examination Methods	64	TICS	80
Spasticity.....	65	1.1.6 Examination of Muscle Strength.....	80
<i>Pavel Kolář</i>		<i>David Směkal, Magdaléna Lepšíková</i>	
Rigidity.....	68	MUSCLE WEAKNESS	80
Paratonia.....	68	MUSCLE STRENGTH.....	80
Hypotonia.....	68	Assessment of Muscle Strength	80
MUSCLE TONE DISTURBANCES AND THEIR POSTURAL LAYOUT	69	Assessment of Muscle Strength	81
<i>Pavel Kolář</i>			
Upper Crossed Syndrome	69		
Lower Crossed Syndrome	70	II NEUROLOGIC SYNDROMOLOGY	
Layer Syndrome.....	70	1.1.7 Primary Myogenic Lesion	83
Assessment of Shortened Muscles.....	70	<i>Petr Bitnar, Pavel Kolář</i>	
1.1.3 Examination of Sensory Functions.....	70	Weakness in Myopathies	83
<i>Alena Kobesová</i>		Pseudohypertrophy and Muscle Contractures in Myopathies	84
SENSORY TESTING.....	71	1.1.8 Deficits at the Neuromuscular Junction.....	84
Examination of Individual Sensory Modalities.....	72	<i>Petr Bitnar</i>	
Touch.....	72	Myasthenia Gravis.....	84
Temperature	72	Lambert-Eaton Myasthenic Syndrome.....	84
Pain.....	72	1.1.9 Peripheral Nerve Deficits	84
Joint Position Sense.....	73	<i>Petr Bitnar</i>	
		Examination of Deficits in the Sensory Fibers of the Peripheral Nerve.....	84
		Examination of Deficits in Motor Fibers of a Peripheral Nerve	85

1.1.10 Spinal Cord Syndromology	85	Deficits in Gnostic Functions	95
<i>Jiří Kríž, Veronika Hyšperská</i>		Deficits in Practical Functions.....	96
GRADUAL TRANSVERSE SPINAL CORD LESION.....	85	LIMBIC SYSTEM.....	96
SUDDEN TRANSVERSE SPINAL CORD LESION.....	85	Examination of Motor Functions from the Perspective	
PSEUDOPARETIC SPINAL CORD LESION.....	85	of Cortical Plasticity.....	97
SPASTIC SPINAL CORD LESION	85	<i>Pavel Kolář, Magdaléna Lepšíková</i>	
MIXED SPINAL CORD LESION	86	Examination of Selective Movement	98
CONUS MEDULLARIS SYNDROME	86	Examples of Clinical Tests.....	99
CAUDA EQUINA SYNDROME	86		
POSTERIOR CORD SYNDROME.....	86		
BROWN-SEQUARD SYNDROME.....	86		
INTRAMEDULLARY SYNDROME.....	86		
1.1.11 Cerebellar Syndromology	86		
<i>Pavel Kolář</i>			
FLACCIDITY.....	86		
HYPERMETRIA	86		
ASYNERGY	87		
DIADOCHOKINESIA.....	87		
OTHER CEREBELLAR SIGNS	87		
1.1.12 Extrapyramidal Syndrome	87		
<i>Pavel Kolář</i>			
1.1.13 Thalamic Syndrome	87		
<i>Pavel Kolář</i>			
1.1.14 Brain Stem Syndromes	88		
<i>Pavel Kolář</i>			
MEDIAL SYNDROMES.....	88		
LATERAL SYNDROMES.....	88		
1.1.15 Syndromes of Meningeal Irritation,			
Intracranial Hypotension, Hypertension			
and Ventricular Syndromes	89		
<i>Pavel Kolář</i>			
SYNDROME OF MENINGEAL IRRITATION.....	89		
INTRACRANIAL HYPOTENSION SYNDROME.....	89		
INCREASED CRANIAL PRESSURE SYNDROME	89		
VENTRICULAR SYNDROMES	90		
1.1.16 Cortical Syndromes			
and their Examination	90		
<i>Pavel Kolář, Rastislav Druga</i>			
FRONTAL LOBE.....	90		
Primary Motor Cortex (MI)	91		
Premotor Cortex.....	91		
Frontal Eye Field.....	92		
Broca's Speech Area.....	92		
Prefrontal Cortex.....	92		
Signs of an Injury to the Frontal Lobes			
of the Motor Cortex	93		
Axial phenomena	93		
Paraxial phenomena.....	93		
Other Disturbances with Lesions			
to the Frontal Cortex	93		
Assessment Tests for Frontal Lobes Deficits	93		
TEMPORAL LOBE	94		
OCCIPITAL LOBE.....	95		
PARIETAL LOBE.....	95		
Deficits in Phatic Functions	95		
		CLINICAL EXAMINATION VIA MOTOR	
		PROGRAMS	100
		<i>Pavel Kolář</i>	
		SCREENING OF NEUROMOTOR	
		DEVELOPMENT	101
		Central Coordination Disturbance (CCD).....	101
		Developmental Kinesiology as an Assessment	
		Method – the Examination of an Infant	
		in the First Year of Life	101
		Postural Activity	102
		Postural Activity in Individual Phases of Development	
		(0–15 Months)	103
		Postural Reactivity.....	112
		<i>Pavel Kolář, Marcela Šafářová</i>	
		1. Traction Test.....	113
		2. Landau Reaction.....	113
		3. Axillary Suspension	114
		4. Vojta's Tilt Reaction.....	115
		5. Collis Horizontal Suspension	116
		6. Peiper-Isbert Vertical Suspension	117
		7. Collis Vertical Suspension.....	118
		Primitive Reflexology.....	118
		<i>Pavel Kolář</i>	
		Functional Relationship between Postural Activity,	
		Postural Reactivity and Primitive Reflexology	121
		PSYCHOMOTOR DEVELOPMENT IN EARLY	
		CHILDHOOD	121
		<i>Irena Zouňková, Pavel Kolář</i>	
		CENTRAL COORDINATION DISTURBANCE	
		IN PRESCHOOL AND SCHOOL AGE	125
		<i>Irena Zouňková, Pavel Kolář</i>	
		Monitored Areas in a Neurodevelopmental	
		Examination.....	126
		Physiotherapy in Central Coordination	
		Disturbance	130
		1.2 KINESIOLOGY AND CLINICAL	
		EXAMINATION OF THE JOINT SYSTEM	133
		<i>Pavel Kolář</i>	
		Joint Motions.....	133
		Joint Categories Based on the Number of Axes	
		and the Shape of Articular Surfaces.....	134

Classification of Joints according to the Number of Articulating Bones within the Joint.....	135	Anamnesis.....	165
Joint Innervation	135	Aspection.....	165
Assessment of Joint Range of Motion.....	135	Palpation.....	165
<i>David Smékal</i>		Passive Movements.....	165
1.2.1 Kinesiology of the Spine, Pelvis and the Thorax	137	Active Movements.....	166
<i>Pavel Kolář</i>		Functional Tests.....	166
SPINE	137	Instability Tests	166
PELVIS	140	Lateral Epicondylitis Tests.....	166
THORAX	141	1.2.4 Kinesiology of the Wrist and the Hand	166
ANATOMICAL PARAMETERS INFLUENCING		<i>Petr Bitnar</i>	
SPINAL FUNCTION	143	WRIST	166
Regional Anatomical Parameters.....	143	MOVEMENTS OF THE CARPAL COMPLEX.....	167
Global Anatomical Parameters.....	144	CARPOMETACARPAL JOINTS	168
EXAMINATION OF THE SPINE, PELVIS		HAND	168
AND THE THORAX	145	MAIN TYPES OF GRIP	169
Patient History (Anamnesis) and Physical Assessment ..	145	ASSESSMENT OF THE WRIST AND THE HAND.....	169
Neurological Assessment.....	145	Anamnesis	169
Assessment of Motor Functions	147	Aspection.....	170
Functional Assessment	147	Palpation.....	170
1.2.2 Kinesiology of the Shoulder Girdle (Plexus).....	154	Passive Movements.....	170
<i>Petra Valouchová, Pavel Kolář</i>		Active Movements.....	170
BONES OF THE SHOULDER GIRDLE.....	154	Functional Tests.....	170
JOINTS OF THE SHOULDER GIRDLE.....	156	1.2.5 Kinesiology of the Hip Joint	171
MOVEMENTS IN THE JOINTS OF THE		<i>Magdaléna Lepšíková, Pavel Kolář</i>	
SHOULDER GIRDLE.....	156	HIP JOINT ASSESSMENT	173
SHOULDER GIRDLE EXAMINATION	157	Anamnesis	173
<i>Michaela Tomanová</i>		Aspection.....	173
Anamnesis	157	Palpation.....	174
Aspection.....	158	Passive Movements.....	174
Palpation.....	158	Active Movements.....	174
Joint Play.....	158	PEDIATRIC HIP JOINT ASSESSMENT	174
Passive Movements.....	159	1.2.6 Kinesiology of the Knee Joint.....	174
Active Movements.....	159	<i>Pavel Kolář</i>	
Adduction and Internal Rotation (Apley's Scratch Test)...	159	MOVEMENTS OF THE KNEE JOINT.....	174
Abduction and External Rotation	159	KNEE JOINT ASSESSMENT	176
Special Tests for the Shoulder Girdle.....	159	Anamnesis	176
Assessment of Movements against Resistance –		Aspection.....	176
Resistive Tests	159	Palpation.....	177
Instability Tests	160	Passive Movements.....	177
Anterior Instability Testing	160	Active Movements.....	177
Posterior Instability Testing	161	Functional Assessment	177
Clunk Test.....	161	Examination of the Menisci	177
Inferior (Caudal) Instability.....	161	Assessment of Knee Joint Stability.....	178
Multidirectional Instability	161	Patellofemoral Joint Examination	180
Tests for Long Head of the Biceps Brachii		Patellar Stability Test – Apprehension Test	180
Tendon Pathology	161	Planer Sign.....	180
Rotator Cuff and Impingement Syndrome Tests.....	162	Zohlen Test	180
Acromioclavicular Joint Tests.....	163	Fairbank's Test (Zohler's Sign).....	180
1.2.3 Kinesiology of the Elbow Joint	163	1.2.7 Kinesiology of the Lower Leg and the Foot.....	180
<i>Petr Bitnar</i>		<i>Pavel Kolář, Ivan Vařeka</i>	
ELBOW JOINT MOVEMENTS	164	ANKLE AND FOOT JOINTS	180
ASSESSMENT OF THE ELBOW JOINT	165	MOVEMENTS IN THE ANKLE AND FOOT JOINTS	182
		FUNCTIONAL RELATIONSHIPS BETWEEN	
		THE ANKLE AND THE FOOT JOINTS	183

ASSESSMENT OF THE ANKLE AND THE FOOT.....	183
Anamnesis	184
Aspection.....	184
Palpation.....	184
Passive Movements.....	184
Active Movements.....	185
Functional Assessment	185
Tests for Ankle Instability.....	185

1.3 SOFT TISSUES.....186

Petr Bitnar

1.3.1 Skin.....	187
1.3.2 Subcutaneous Tissues (Hypodermis).....	191
1.3.3 Fasciae.....	191

2 VISCEROMOTOR RELATIONSHIPS AND THE AUTONOMIC NERVOUS SYSTEM

Petr Bitnar, Hana Marčíšová, Pavel Kolář

2.1 VISCEROSOMATIC AND SOMATOVISCERAL RELATIONSHIPS195

Petr Bitnar

2.1.1 Viscerosomatic (Visceromotor) Relationships.....	195
Visceral Pattern.....	195
2.1.2 Somatovisceral Relationships	196
Movement System and Visceral Pain.....	196
Movement System and Functional Deficits of the Internal Organs.....	197
Movement System as a Trigger Factor for a Latent Internal Illness	198
Movement System as a Tool for the Treatment of Internal Illnesses	198
2.1.3 Overview of Basic Visceral Patterns.....	198

2.2 EXAMINATION OF THE AUTONOMIC NERVOUS SYSTEM 200

Hana Marčíšová

2.2.1 Anatomy and Physiology of the ANS.....	201
2.2.2 Function of the ANS within the Movement Apparatus.....	201
Vasomotricity.....	202
Somatosensory System and the ANS.....	202
ANS and Muscle Function	203
2.2.3 Anatomical Vegetative Syndromes.....	204

Pavel Kolář

CENTRAL AUTONOMIC SYNDROMES.....	204
PERIPHERAL AUTONOMIC SYNDROMES.....	204
Claude-Bernard-Horner Syndrome.....	204
Posterior Cervical Sympathetic Syndrome	205
GROSS VEGETATIVE SYNDROMES.....	205
REFLEXIVE VEGETATIVE SYNDROMES	205

3 PSYCHOLOGICAL FUNCTIONS AND PAIN

Petr Knotek

3.1 PSYCHOLOGICAL DIAGNOSTICS IN REHABILITATION..... 207

3.2 ASSESSED PROCESSES AND METHODS OF THEIR TESTING 207

Reactivity to Painful Stimuli	207
Pain in the Pathological Process.....	208
Beginning Phase of Psychological Pain Processing	209
Cognitive Processes.....	209
Affection	210
Behavior.....	210
Interpersonal Communication.....	210

4 EXAMINATIONS BY FUNCTIONAL LABORATORY METHODS

Milan Zedka, Pavel Kolář

4.1 LABORATORY EXAMINATION OF MOVEMENT213

Milan Zedka

4.1.1 Kinematic Analysis	213
<i>Milan Zedka</i>	
4.1.2 Kinetic Analysis (Posturography)	215
<i>Ondřej Čákrť</i>	
Physics Basis of the Examination	215
Posturography in a Clinical Setting	215
Factors Influencing Postural Stability	216
4.1.3 Electromyographic Analysis in Biomechanics	216
<i>Milan Zedka, Petra Valouchová</i>	
Examination of Muscle Coordination	216
Examination of Force.....	218
Assessment of Muscle Fatigue	218

4.2 SUPPLEMENTAL NEUROLOGICAL EXAMINATIONS.....219

Milan Zedka

4.2.1 Electromyography	219
4.2.2 Electroencephalography.....	222
4.2.3 Evoked Potentials	224
Somatosensory Evoked Potentials.....	224
Visual Evoked Potentials (VEPs).....	225
Auditory Evoked Potentials.....	226
Motor Evoked Potentials (MEPs).....	227

4.3 EXAMINATIONS BY IMAGING METHODS 227

Pavel Kolář, Martin Kynčl

4.3.1 Radiologic Methods.....	227
-------------------------------	-----

X-RAY EXAMINATION.....	227
<i>Pavel Kolář, Olga Dyrhonová</i>	
Shoulder Joint	228
Wrist.....	228
Hip Joint	228
Knee Joint	228
Ankle Joint.....	228
Spine.....	228
COMPUTED TOMOGRAPHY (CT)	229
<i>Pavel Kolář, Martin Kynčl</i>	
MAGNETIC RESONANCE IMAGING	230
<i>Martin Kynčl, Pavel Kolář</i>	
Functional Magnetic Resonance	231
TRACTOGRAPHY	231
<i>Martin Kynčl, Pavel Kolář</i>	
SCINTIGRAPHIC EXAMINATION	231
<i>Pavel Kolář, Martin Kynčl</i>	
POSITRON EMISSION TOMOGRAPHY	231
<i>Pavel Kolář, Martin Kynčl</i>	
SINGLE PHOTON EMISSION COMPUTED TOMOGRAPHY	231
<i>Pavel Kolář, Martin Kynčl</i>	
NEAR-INFRARED SPECTROSCOPY (NIRS)	232
<i>Pavel Kolář, Martin Kynčl</i>	
4.3.2 Examination by Ultrasound	232
<i>Zdeněk Hříbal</i>	

5 ASSESSMENT OF THE SEVERITY OF MOTOR INVOLVEMENT AND LIMITATIONS IN THE ACTIVITIES OF DAILY LIVING

Pavel Kolář

5.1 METHODS USED FOR MEASUREMENT AND ASSESSMENT IN REHABILITATION 235

5.2 ASSESSMENT OF THE EXTENT OF MOTOR INVOLVEMENT 236

5.2.1 Gross Motor Skills Assessment by the Gross Motor Function Measure.....	236
5.2.2 Developmental Kinesiology as an Assessment Method of a Motor Deficit.....	237
5.2.3 Additional Tests to Assess Motor Deficits.....	239

5.3 TESTING AND ASSESSMENT OF RESTRICTED ACTIVITIES OF DAILY LIVING 239

5.3.1 Functional Independence Measure	242
5.3.2 Barthel Index.....	242
5.3.3 Katz Index of Activities of Daily Living	244
5.3.4 Activity Index	244

5.3.5 Frenchay Activities Index	244
5.3.6 Factor Assessment according to Tardieu	244
5.3.7 Other Tests	245

B. THERAPEUTIC METHODS

1 PHYSICAL THERAPY METHODS AND CONCEPTS

Pavel Kolář

1.1 GENERAL PHYSICAL THERAPY (MUSCULOSKELETAL) APPROACHES..... 248

1.1.1 Passive Movements	248
<i>Pavel Kolář</i>	
1.1.2 Active Assistive Exercise.....	248
<i>Magdaléna Lepšíková</i>	
1.1.3 Muscle Strength Exercises	248
<i>Zdeněk Čech</i>	
Kinesiologic Notes.....	248
Input-Adaptation Relationship during Strengthening Exercises.....	249
1.1.4 Dynamic Neuromuscular Stabilization	252
<i>Pavel Kolář, Marcela Šafářová</i>	
General Principles of Practice Techniques.....	253
Practice of Postural Stabilization of the Spine, Chest and the Pelvis	254
Influence on Tightness and Improvement of Chest Wall Dynamics	255
Influence on Spinal Straightening	256
Training of the Postural Breathing Pattern and the Stabilization Function of the Diaphragm	256
Postural Stabilization Training of the Spine Using Reflex Locomotion.....	258
Training of Deep Postural Stabilization of the Spine in Modified Positions.....	259
Exercising Postural Functions in Developmental Lines (Sequences)	259
Movement Assistance during Exercise	262
Facilitative Elements of Training Techniques	262
Exercise Examples	264
1.1.5 Soft Tissue Mobilization	266
<i>Karel Lewit</i>	
Post-Isometric Relaxation	266
Examples of Other Techniques.....	268
1.1.6 Dry Needling for Muscle Trigger Points	270
<i>Pavel Kolář</i>	
1.1.7 Traction.....	271
<i>Pavel Kolář</i>	
1.1.8 Relaxation Techniques.....	271
<i>Pavel Kolář</i>	

Phototherapy.....	314
Galvanotherapy.....	314
Contrast Baths.....	314
Cryotherapy.....	315
2.2.4 Electrodiagnostic Testing and Electrical Stimulation of Skeletal Muscles	315
Electrodiagnostic Testing	315
Electrical Stimulation (Neuromuscular Electrical Stimulation)	316
Electrical Stimulation (Electrogymnastics)	316

2.3 GENERAL CONTRAINDICATIONS OF MODALITIES..... 316

3 BALNEOLOGY

Jan Kálal, Ivan Vařeka

3.1 CLASSIFICATION OF MEDICINAL SOURCES..... 319

3.1.1 Waters.....	319
3.1.2 Peloids	320
3.1.3 Gases	320
3.1.4 Climate	321

3.2 USE OF NATURAL HEALING SOURCES IN BALNEOLOGY..... 321

3.2.1 Use of Water	321
--------------------------	-----

3.2.2 Use of Peloids	321
3.2.3 Use of Gas.....	322

3.3 SPAS IN THE CZECH REPUBLIC AND INDICATIONS FOR A SPA TREATMENT 322

4 OCCUPATIONAL THERAPY

Veronika Schönová, Pavel Kolář

4.1 AREAS OF FUNCTION IN OCCUPATIONAL THERAPY 325

4.2 SPECIALIZATIONS 326

4.3 OCCUPATIONAL THERAPY PROCESS 326

4.4 AREAS OF OCCUPATIONAL THERAPY INTERVENTIONS..... 326

Motor Skills.....	326
Sensory Skills	327
Cognitive, Communicative and Subsequent Social Skills.....	327
Activities of Daily Living.....	327
Assistive Devices.....	327
Pre-Return to Work Rehabilitation.....	327

II SPECIAL SECTION

1 TREATMENT REHABILITATION IN NEUROLOGY

Pavel Kolář, Ondřej Horáček

GENERAL SECTION

1.1 NEUROPHYSIOLOGICAL FOUNDATION OF PHYSICAL THERAPY APPROACHES..... 332

Pavel Kolář

NEUROPLASTICITY.....	332
----------------------	-----

Vladimír Komárek

Evolutionary Plasticity.....	332
Repair Plasticity.....	333
Neuroplasticity and Sensorimotor Programs	333

SENSORY FUNCTIONS IN NEUROREHABILITATION.....	334
<i>Pavel Kolář</i>	

1.2 OVERVIEW OF PHYSICAL THERAPY METHODS..... 335

Pavel Kolář

Sensory Training.....	335
Exercising with Conscious Awareness as a Component of Sensorimotor Practice	335
Sensory Stimulation Method Based on Affolter.....	335
Perfetti's Method.....	335
Rood's Method	335
Movement Rehabilitation of Patients with Hemiplegia Based on Brunström.....	336
<i>Dagmar Pavlů, Pavel Kolář</i>	
Sensory Integration Based on Ayres	337
<i>Veronika Schönová</i>	
Neurodevelopmental Treatment Concept Based on Bobath	338
<i>Irena Zounková</i>	
Movement Therapy According to Petö.....	340
<i>Irena Zounková, Pavel Kolář</i>	

Vojta's Method.....	341	OTHER FORMS OF MUSCULAR DYSTROPHY	357
<i>Pavel Kolář</i>		MYOTONIC DYSTROPHY.....	357
Sensorimotor Stimulation	341	CONGENITAL, METABOLIC, INFLAMMATORY	
<i>Pavel Kolář</i>		AND TOXIC MYOPATHIES.....	358
Proprioceptive Neuromuscular Facilitation	341	ION CHANNEL DYSFUNCTIONS	358
<i>Pavel Kolář</i>		PERIODIC PARALYSES.....	358
1.3 NEUROPSYCHOLOGY	341	Hyperkalemic Periodic Paralysis.....	359
<i>Kateřina Chamoutová, Pavel Kolář</i>		Hypokalemic Periodic Paralysis	359
1.3.1 Neuropsychological Approaches	342	Paramyotonia Congenita	359
Neurobehavioral Approach.....	342	MYOTONIC SYNDROMES.....	359
American Neuropsychological Approach.....	342	Myotonia Congenita	359
Neuropsychology in the Czech Republic	342	Atypical Myotonic Syndromes.....	359
1.3.2 Neuropsychological Assessment	343	1.8 PERIPHERAL PARALYSIS.....	360
Most Commonly Used Neuropsychological		<i>Ondřej Horáček</i>	
Tests.....	344	1.8.1 Causes, Degrees and Diagnosis	
1.3.3 Utilization of Neuropsychological		of Peripheral Paralyses	360
Approaches in Rehabilitation	345	1.8.2 Rehabilitation of Peripheral Paralyses.....	361
1.4 SPEECH THERAPY.....	346	Physical Therapy.....	361
<i>Pavel Kolář</i>		Occupational Therapy.....	362
DEVELOPMENTAL DYSARTHRIA	346	Modalities.....	362
APHASIAS	347	1.8.3 An Overview of Peripheral Pareses	
DYSARTHRIA.....	348	Based on Location	363
Deficits in Swallowing and Management Options.....	349	PERIPHERAL PARESES OF THE UPPER	
Orofacial Therapy.....	350	EXTREMITIES.....	363
1.5 ORTHOTIC CARE IN NEUROLOGICAL		BRACHIAL PLEXUS PALSY (C5-T1)	363
DISEASES	350	RADIAL NERVE PALSY (C5-C7)	364
<i>Petr Krawczyk</i>		MEDIAN NERVE PALSY (C5-T1).....	365
1.5.1 Orthotic Management for Patients		ULNAR NERVE PALSY (C8-T1).....	366
with Cerebral Palsy	350	LONG THORACIC NERVE PALSY (C5-C7)	366
1.5.2 Orthotic Interventions for Patients		SUPRASCAPULAR NERVE PALSY (C5-C6)	367
with Charcot-Marie-Tooth Disease	352	AXILLARY NERVE PALSY (C5-C6)	367
1.5.3 Orthotics for Patients Following		MUSCULOCUTANEOUS NERVE PALSY	
Poliomyelitis.....	353	(C5-C7)	367
1.5.4 Orthotics for Patients Following CVA.....	353	PERIPHERAL PARESES OF THE LOWER	
1.6 OCCUPATIONAL THERAPY.....	354	EXTREMITIES.....	367
<i>Veronika Schönová</i>		LUMBOSACRAL PLEXUS PARESIS.....	367
SPECIAL SECTION		FEMORAL NERVE PALSY (L2-L4).....	367
1.7 DYSFUNCTIONS IN NEUROMUSCULAR		SCIATIC NERVE PALSY (L4-S3)	368
TRANSMISSION AND MUSCLE DISEASES	354	PERONEAL NERVE PALSY (L4-S1)	368
<i>Petr Bitnar, Magdaléna Lepšíková</i>		TIBIAL NERVE PALSY (L4-S3).....	368
1.7.1 Dysfunction in Neuromuscular		FACIAL NERVE PALSY (C.N. VII).....	369
Transmission – Myasthenia Gravis	354	1.8.4 Peripheral Pareses in Diseases	
1.7.2 Muscle Diseases	355	Involving Motor Neurons of the Anterior	
MUSCULAR DYSTROPHIES	356	Spinal Horns	369
DUCHENNE AND BECKER MUSCULAR		1.8.5 Rehabilitation Following Peripheral	
DYSTROPHY	356	Nerve Surgery	370
FACIOSCAPULOHUMERAL FORM		1.9 ENTRAPMENT SYNDROMES	370
OF DYSTROPHY	356	<i>Petr Bitnar, Ondřej Horáček</i>	
GIRDLE FORMS OF MUSCULAR DYSTROPHY.....	357	1.9.1 Etiology, Pathogenesis, Clinical	
		Manifestations and Diagnosis	370
		1.9.2 Overview of the Most Common	
		Entrapment Syndromes.....	371
		ENTRAPMENT SYNDROMES OF THE UPPER	
		THORACIC APERTURE	371

SCALENUS SYNDROME.....	372
COSTOCLAVICULAR AND HYPERABDUCTION SYNDROME	372
ENTRAPMENT SYNDROMES OF THE UPPER EXTREMITY AND THE SHOULDER GIRDLE	372
SUPRASCAPULAR NERVE.....	372
MEDIAN NERVE.....	372
ULNAR NERVE.....	373
RADIAL NERVE.....	373
ENTRAPMENT SYNDROMES OF THE LOWER EXTREMITY AND THE PELVIC GIRDLE.....	373
FEMORAL NERVE.....	373
SCIATIC NERVE.....	373
PERONEAL NERVE.....	373
TIBIAL NERVE.....	373
1.9.3 Treatment Rehabilitation	374

1.10 POLYNEUROPATHIC SYNDROMES.....375

Alena Kobesová

1.10.1 Hereditary Motor and Sensory Polyneuropathies	375
1.10.2 Diabetic Neuropathy.....	378
DIABETIC FOOT SYNDROME.....	378
1.10.3 Inflammatory Polyneuropathies.....	379
GUILLAIN-BARRE SYNDROME.....	379
CHRONIC INFLAMMATORY DEMYELINATING POLYNEUROPATHY	379

1.11 POLIOMYELITIS AND POST-POLIOMYELITIC SYNDROME..... 381

Ivana Wurstová

1.11.1 Poliomyelitis	381
1.11.2 Post-Poliomyelitic Syndrome	382

1.12 SPINAL CORD INJURY 384

Jiří Kríž

1.12.1 Etiology, Neurological Presentation	384
1.12.2 Systematic Approach to Treatment.....	385
1.12.3 Medical Consequences of a Spinal Cord Lesion and Possible Complications	385
AUTONOMIC DYSREFLEXIA.....	385
ORTHOSTATIC HYPOTENSION	385
DEEP VEIN THROMBOSIS (THROMBOEMBOLISM).....	386
URINARY DYSFUNCTION.....	386
BOWEL DYSFUNCTION.....	386
SEXUAL DYSFUNCTION.....	386
INTEGUMENTARY DYSFUNCTIONS.....	386
SEPTIC CONDITIONS.....	386
PAINFUL CONDITIONS	386
SPASTICITY.....	386
PARA-ARTICULAR OSSIFICATION	387
OSTEOPOROSIS.....	387
1.12.4 Rehabilitation for Patients with Spinal Cord Injury	387

1.13 DEFICITS IN CEREBELLAR FUNCTIONS ..389

Alena Kobesová

1.13.1 Functional Anatomy of the Cerebellum	389
1.13.2 Basic Clinical Manifestations of a Cerebellar Lesion	390
ATAXIA	390
HYPERMETRIA	390
ADIADOCHOKINESIA.....	391
ASYNERGY	391
FLACCIDITY	392
CEREBELLAR TREMOR.....	392
EYE MOVEMENT DISTURBANCES.....	392
PALEOCEREBELLAR AND NEOCEREBELLAR SYNDROME	392
PALEOCEREBELLAR SYNDROME.....	392
NEOCEREBELLAR SYNDROME.....	392
PSEUDOCEREBELLAR SYNDROME.....	392
1.13.3 Rehabilitation in Cerebellar Dysfunctions	393
1.13.4 Prognosis of Cerebellar Dysfunctions	394

1.14 BALANCE DEFICITS 395

Ondřej Čákr, Michal Truc

1.14.1 Balance Control.....	395
VERTIGO AND ITS MOST COMMON CAUSES.....	395
1.14.2 Clinical Presentation of a Patient with a Vestibular System Disturbance	396
EXAMINATION.....	396
1.14.3 Theoretical Bases for Rehabilitation	397
1.14.4 Rehabilitation of Individual Clinical Presentations	397
UNILATERAL VESTIBULAR LESION	397
BENIGN PAROXYSMAL POSITIONAL VERTIGO	398
BILATERAL VESTIBULAR DEFICIT.....	399
BALANCE DEFICITS ASSOCIATED WITH CHANGES IN THE CERVICAL SPINE	399
CENTRAL BALANCE DEFICITS.....	399
VERTEBRAL ARTERY SYNDROME.....	399
PSYCHOGENIC VERTIGO	399
1.14.5 Biological Feedback in Rehabilitation of Patients with Balance Deficits	400
<i>Ondřej Čákr, Rudolf Černý, Jaroslav Jeřábek</i> Brain port	400

1.15 EXTRAPYRAMIDAL DEFICITS..... 401

Alena Kobesová

1.15.1 Basic Characteristics, Classification.....	401
HYPOKINETIC DEFICITS.....	401
HYPERKINETIC DEFICITS.....	401
1.15.2 Parkinson's Disease.....	401
OBJECTIVE NEUROLOGICAL FINDINGS.....	402
HYPOKINESIA, BRADYKINESIA, AKINESIA	402
RIGIDITY	402

TREMOR.....	402	1.21 CEREBRAL PALSY.....	428
POSTURAL DEFICITS	402	<i>Pavel Kolář</i>	
1.16 NEURODEGENERATIVE DISEASES.....	407	1.21.1 Screening for Risk of CP.....	429
<i>Barbora Danielová, Alena Zumrová</i>		1.21.2 Types of Cerebral Palsy and their	
1.16.1 Basic Characteristics		Clinical Presentation	429
of Neurodegenerative Illnesses	407	SPASTIC DIPLEGIA	429
<i>Ondřej Horáček</i>		SPASTIC HEMIPLEGIA.....	430
1.16.2 Amyotrophic Lateral Sclerosis.....	407	CEREBELLAR FORM.....	431
<i>Barbora Danielová</i>		DYSKINETIC FORM OF CEREBRAL PALSY	432
1.16.3 Friedreich's Ataxia.....	411	MIXED TETRAPLEGIA	433
<i>Alena Zumrová</i>		ATONIC DIPLEGIA	433
1.16.4 Autosomal Dominant		1.21.3 Rehabilitation in Cerebral Palsy	433
Spinocerebellar Ataxia.....	412	DESIRED OUTCOME AND COPING PROCESS	433
<i>Alena Zumrová</i>		DESIRED OUTCOME.....	433
1.17 MULTIPLE SCLEROSIS.....	412	COPING PROCESS	434
<i>Ondřej Horáček</i>		Rehabilitation in Cerebral Palsy	434
1.17.1 Diseases Characteristics	412	Vojta's Reflex Locomotion in Children	
1.17.2 Rehabilitation in Multiple Sclerosis.....	414	with Cerebral Palsy	434
1.18 DEFICITS IN CONSCIOUSNESS	416	Neurodevelopmental Treatment Approach	
<i>Pavel Kolář</i>		in Children with CP.....	435
1.18.1 Causes.....	416	Petö Movement Therapy	436
LEVELS OF QUANTITATIVELY LIMITED		Exercises Aimed at the Development of Somesthesia	436
CONSCIOUSNESS	417	1.21.4 Cerebral Palsy from the View	
SOMNOLENCE.....	417	of an Orthopedic Physician	436
SOPOR.....	417	<i>Alena Schejbalová</i>	
COMA	417	INDICATIONS FOR SURGERY	436
ASSESSMENT OF LEVELS OF CONSCIOUSNESS.....	417	INDICATIONS FOR SURGICAL PROCEDURES	
1.18.2 Neurorehabilitation Approaches		IN THE HIP JOINT AREA	436
for Unconscious Patients	417	INDICATIONS FOR SURGICAL PROCEDURES	
1.19 CRANIOCEREBRAL (BRAIN) INJURIES... 418		IN THE KNEE JOINT AREA	437
<i>Ondřej Horáček, Pavel Kolář</i>		INDICATION FOR SURGICAL INTERVENTIONS	
1.19.1 Causes and Clinical Picture.....	418	IN THE ANKLE AND FOOT AREAS	438
APALLIC SYNDROME	419	INDICATIONS FOR SPINAL SURGICAL	
1.19.2 Rehabilitation for a Brain Injury	419	PROCEDURES	438
1.20 VASCULAR DISEASES OF THE BRAIN... 421		INDICATIONS FOR UPPER EXTREMITY	
<i>Ondřej Horáček, Pavel Kolář</i>		SURGICAL PROCEDURES	439
1.20.1 Ischemic Cerebrovascular Accidents.....	421	1.21.5 Neurosurgical Treatment	439
ISCHEMIA IN CAROTID CIRCULATION.....	421	<i>Pavel Kolář</i>	
ISCHEMIA IN VERTEBROBASILAR		1.21.6 Botulotoxin in the Treatment of CP	440
CIRCULATION.....	422	<i>Pavel Kolář, Josef Kraus</i>	
CLASSIFICATION BASED ON DISEASE		2 TREATMENT REHABILITATION	
PROGRESSION.....	422	IN ORTHOPEDICS AND TRAUMATOLOGY	
1.20.2 Hemorrhagic Cerebrovascular		<i>Pavel Kolář, Jiří Kříž, Olga Dyrhonová</i>	
Accidents	423	GENERAL SECTION	
DIFFUSE HEMORRHAGES	423	2.1 INFLUENCE OF FUNCTION	
FOCAL SUBCORTICAL HEMORRHAGES	423	ON MORPHOLOGICAL TISSUE	
CEREBELLAR HEMORRHAGE	423	RESTRUCTURING.....	445
BLEEDING INTO THE BRAIN STEM.....	423	2.2 CLASSIFICATION ACCORDING	
SUBARACHNOID HEMORRHAGE.....	423	TO SYMPTOMATOLOGY	447
1.20.3 Rehabilitation for a CVA.....	424		

2.2.1 Edema	447	Camptodactyly.....	454
<i>Olga Dyrhonová, Jiří Kříž</i>		Clinodactyly.....	454
2.2.2 Functional Changes in Soft Tissues	447	Syndactyly.....	454
<i>Olga Dyrhonová, Jiří Kříž</i>		Thumb Hypoplasia	454
2.2.3 Range of Motion Restrictions		CONGENITAL DEVELOPMENTAL DEFECTS	
in a Movement Segment	448	OF THE LOWER EXTREMITES	454
<i>David Smékal, Pavel Kolář</i>		Congenital Developmental Defects	
2.2.4 Hypermobility	449	of the Hip Joint	454
<i>David Smékal, Pavel Kolář</i>		Congenital Developmental Defectsof the Knee Joint	454
CAUSES.....	449	Congenital Knee Dislocation.....	454
COMPENSATORY HYPERMOBILITY.....	449	Congenital Patellar Subluxation	454
HYPERMOBILITY IN NEUROLOGICAL DISEASES.....	449	Patella Bipartita.....	455
STRUCTURAL HYPERMOBILITY.....	449	Congenital Developmental Defects	
LOCALIZED PATHOLOGICAL (POSTRAUMATIC)		of the Lower Leg and Foot	455
HYPERMOBILITY	449	Club Foot (Talipes Equinovarus, Pes Equinovarus	
TREATMENT REHABILITATION STRATEGIES.....	449	Congenitus).....	455
2.2.5 Deficit in the Nervous System		Pes Metatarsus Adductus (Pes Calcaneovalgus).....	456
Regulatory Mechanisms	450	Congenital Flatfoot (Vertical Talus, Pes Planovalgus	
<i>Pavel Kolář</i>		Congenitus).....	456
CHANGE IN AFFERENTATION FROM		Metatarsus Varus (Pes Adductus)	457
THE RECEPTORS	450	Congenital Deformities of the Toes	457
MOTOR LEARNING DEFICIT AT THE LEVEL		Congenital Hallux Varus	457
OF THE CENTRAL REGULATORY		Digitus Quintus Supradductus.....	457
MECHANISMS	451	Syndactyly.....	457
TREATMENT REHABILITATION STRATEGY.....	451	Polydactyly	457
		Macroductyly	457
2.3 CLASIFFICATION ACCORDING		CONGENITAL DEVELOPMENTAL DEFECTS	
TO ETIOLOGY AND PATHOGENESIS	451	OF THE THORAX.....	457
<i>Pavel Kolář</i>		Pectus Excavatum (Infundibuliform)	457
2.3.1 Congenital Developmental Defects	452	Pectus Carinatum	458
<i>Pavel Kolář, Martin Švehlík</i>		Rehabilitation in Congenital Developmental	
ETIOLOGY.....	452	Defects of the Thorax.....	458
REHABILITATION TREATMENT PRINCIPLES IN		CONGENITAL DEVELOPMENTAL DEFECTS	
CONGENITAL DEVELOPMENTAL DEFECTS	452	OF THE SPINE.....	458
POST-SURGICAL REHABILITATION.....	452	Diastematomyelia.....	458
CLASSIFICATION OF CONGENITAL		Meningomyelocele	459
DEVELOPMENTAL DEFECTS	452	Klippel-Feil Syndrome.....	459
CONGENITAL DEVELOPMENTAL DEFECTS		Spina Bifida	459
OF THE UPPER EXTREMITIES	453	2.3.2 SOFT TISSUE INJURIES CAUSED	
Congenital Developmental Defects		BY OVERLOADING.....	459
of the Shoulder Girdle	453	<i>Pavel Kolář, Jiří Kříž, Olga Dyrhonová</i>	
Sprengel's Deformity	453	ENDON INJURIES	459
Cleidocranial Dysostosis	453	ETIOLOGY AND PATHOGENESIS	459
Congenital Clavicle Nonunion	453	DIAGNOSTICS.....	459
Os Acromiale	453	Clinical Picture	459
Congenital Developmental Defects		Tendinosis.....	460
of the Elbow Joint.....	453	Enthesopathy.....	460
Congenital Dislocation of the Elbow,		Paratenonitis, Peritendinitis, Tenosynovitis.....	460
Congenital Dislocation of the Radial Head	453	Imaging Methods	460
Congenital Radioulnar Synostosis	453	Differential Diagnosis	460
Congenital Shortening of the Radius.....	453	LOCALIZATION	460
Congenital Developmental Defects of the Wrist.....	453	Upper Extremity.....	460
Manus Vara Congenita	453	Lower Extremity	460
Madelung's Deformity	454	THERAPY.....	460
Congenital Developmental Defects of the Fingers	454	REHABILITATION.....	461

2.3.3 Degenerative Joint Diseases	462	SPECIAL SECTION	
<i>Pavel Kolář</i>		2.4 CLASSIFICATION ACCORDING	
OSTEOARTHRITIS	462	TO LOCATION.....	476
ETIOLOGY AND PATHOGENESIS	462	2.4.1 Spine	476
Primary (Idiopathic) OA	462	CONGENITAL DEVELOPMENTAL DEFECTS.....	477
Secondary OA	462	DEFORMITY.....	477
DIAGNOSIS	463	<i>Pavel Kolář, Marcela Šafářová</i>	
LOCATION	463	SCOLIOSIS	477
Coxarthrosis	463	Classification According to Etiology	
Gonarthrosis	463	and Pathogenesis	477
TREATMENT	463	Non-structural (Functional) Scoliosis.....	477
Pharmacotherapy	463	Structural Scoliosis.....	477
Surgical Procedures.....	464	Idiopathic Scoliosis.....	477
Rehabilitation.....	464	Congenital Scoliosis	481
<i>Olga Dyrhonová, Pavel Kolář</i>		Neuromuscular Scoliosis	481
Arthroplasty	464	Scoliosis in Neurofibromatosis	481
<i>Martina Votavová</i>		Other Types of Scoliosis	481
Rehabilitation Following Arthroplasty.....	465	Rehabilitation.....	481
<i>Martina Votavová, Věra Cikánková</i>		Klapp's Crawling Method	482
Hip Joint Arthroplasty	466	Schroth Method.....	483
Knee Joint Arthroplasty.....	466	Vojta's Method.....	483
Ankle Arthroplasty.....	467	Modifications of Physical Activity	484
Shoulder Joint Arthroplasty.....	467	Orthotic Treatment	484
Elbow Joint Arthroplasty.....	468	Surgical Treatment	484
2.3.4 Inflammatory Diseases	468	HYPERKYPHOSIS.....	484
<i>Pavel Kolář, Olga Dyrhonová, Jiří Kříž</i>		<i>Pavel Kolář</i>	
ETIOLOGY AND PATHOGENESIS	468	Juvenile Kyphosis (Scheuermann's Disease)	484
STERILE INFLAMMATION.....	468	LUMBAR HYPERLORDOSIS	485
INFECTIOUS INFLAMMATION.....	468	TORTICOLLIS	485
Classification Based on Etiology	468	Congenital Muscular Torticollis.....	485
Classification Based on Location.....	469	Muscular Torticollis in Adults	486
Pyogenic Arthritis	469	Acquired Muscular Torticollis.....	486
Osteomyelitis.....	469	Post-Traumatic Torticollis.....	486
Spondylodiscitis.....	470	Spastic Torticollis.....	487
PRINCIPLES OF REHABILITATION	47	Acute Torticollis.....	487
2.3.5 Traumatology of the Movement System...471		VERTEBROGENIC PAIN SYNDROME.....	487
<i>Olga Dyrhonová, Pavel Kolář</i>		<i>Pavel Kolář</i>	
HEALING PHASES.....	471	ETIOLOGY AND PATHOGENESIS	487
WOUNDS	472	CLASSIFICATION ACCORDING	
CONTUSION.....	472	TO ETIOLOGY AND PATHOGENESIS.....	488
TENDON INJURIES	472	STRUCTURAL CAUSES.....	488
MUSCLE INJURIES.....	472	FUNCTIONAL CAUSES.....	488
DIAGNOSIS	472	Intervertebral Disc Involvement.....	488
CLASSIFICATION	472	Intervertebral Joint Degeneration	489
Muscle Cramp.....	472	Spinal Stenosis	489
Muscle Soreness.....	472	Abnormality of the Spinal Canal.....	490
Muscle Strain.....	473	Spondylolisthesis	490
Muscle Tear	473	Osteoporosis.....	491
JOINT INJURIES.....	474	Ankylosing Spondylitis.....	491
BONE INJURIES – FRACTURES	474	Infections.....	491
FRACTURE CLASSIFICATION.....	474	Tumors.....	491
BONE HEALING	474	Deficit in the CNS Control Function.....	492
FRACTURE HEALING TIMES.....	475	Deficit in Processing Nociception.....	493
TREATMENT	475	Psychological Disturbance	494
REHABILITATION.....	476		

CONSEQUENCES OF STRUCTURAL AND FUNCTIONAL DEFICITS.....	494	CONGENITAL DEVELOPMENTAL DEFECTS.....	520
Discogenic Pain	494	OVERUSE SOFT TISSUE INJURIES	520
Radicular Syndrome.....	494	ENTHESOPATHY	520
Pseudoradicular Syndrome	495	Lateral Epicondylitis (Epicondylitis Radialis Humeri)....	520
SPECIFIC TREATMENT	495	Medial Epicondylitis (Epicondylitis Ulnaris Humeri)....	520
Rehabilitation.....	495	Triceps Brachii Enthesopathy	520
<i>Pavel Kolář, Karel Lewit, Jiří Čumpelík, Veronika Kubů</i>		Olecranon Bursitis.....	521
Pharmaceutical Treatment	505	DEGENERATIVE DISEASES OF THE ELBOW JOINT	521
<i>Pavel Kolář</i>		ELBOW JOINT ARTHRITIS	521
Invasive Procedures.....	505	TRAUMATIC LESIONS	522
<i>Jan Štulík</i>		DISLOCATIONS	522
Intervention Methods Guided by Computerized Tomography.....	505	FRACTURES IN THE ELBOW JOINT REGION	522
Surgical Treatment	505	REHABILITATION IN TRAUMATIC LESIONS	522
Simple Resection	505	POST-TRAUMATIC COMPLICATIONS	523
Osteosynthesis	506	ELBOW FLEXION CONTRACTURE	523
Bony Fusion (Arthrodesis) of the Surrounding Segments.....	506	AXIAL DEFORMITIES OF THE ELBOW	523
Mobile Spinal Stabilization.....	507	Cubitus Varus.....	523
2.4.2 Shoulder Girdle	508	Cubitus Valgus	523
<i>Petra Valouchová, Olga Dyrhonová, Jiří Kříž, Pavel Kolář, Michaela Tomanová</i>		VOLKMANN'S CONTRACTURE.....	524
CONGENITAL DEVELOPMENTAL DEFECTS OF THE SHOULDER GIRDLE.....	508	2.4.4 Wrist and Hand	524
SOFT TISSUE INJURIES	508	<i>Petr Bitnar, Pavel Kolář</i>	
IMPINGEMENT SYNDROME.....	508	CONGENITAL DEVELOPMENTAL DEFECTS.....	524
CALCIFIC TENDINITIS	510	OVERUSE SOFT TISSUE INJURIES	524
SUBACROMIAL BURSTITIS	511	TENOSYNOVITIS	524
ROTATOR CUFF TEARS	511	Trigger Thumb, Finger (Digitus Saltans).....	524
SYNDROME OF THE LONG HEAD OF THE BICEPS TENDON	512	De Quervain's Disease.....	525
Tendinosis of the Long Head of the Biceps.....	512	DUPUYTREN'S CONTRACTURE.....	525
Subluxation of the Long Head of the Biceps Tendon	512	DEGENERATIVE JOINT INJURIES.....	526
Biceps Tendon Rupture.....	512	RHIZARTHROSIS	526
FROZEN SHOULDER SYNDROME.....	513	ARTHRITIS OF THE INTERPHALANGEAL JOINTS OF THE HAND	526
DEGENERATIVE DISEASES.....	514	TRAUMATIC LESIONS	526
GLENOHUMERAL ARTHRITIS.....	514	SOFT TISSUE INJURIES	526
ACROMIOCLAVICULAR ARTHRITIS	514	DISLOCATIONS	527
TRAUMATIC LESIONS	514	FRACTURES.....	527
GLENOHUMERAL DISLOCATION	514	Distal Forearm Fractures.....	527
ACROMIOCLAVICULAR DISLOCATION	515	Navicular Fracture.....	527
STERNOCLAVICULAR DISLOCATION	515	POST-TRAUMATIC CONDITIONS	528
PROXIMAL HUMERAL FRACTURES	516	WRIST INSTABILITY	528
INSTABILITY.....	517	NAVICULAR NON-UNION	528
GLENOHUMERAL INSTABILITY	517	GENERAL REHABILITATION PRINCIPLES FOR WRIST AND HAND INJURIES.....	528
Post-traumatic Instability (Recurring Dislocations)	517	2.4.5 Hip Joint.....	529
Multidirectional Non-traumatic Instability (Habitual Dislocation)	518	<i>Magdaléna Lepšíková, Pavel Kolář, Olga Dyrhonová</i>	
DIFFERENTIAL DIAGNOSIS OF SHOULDER GIRDLE PAIN	518	PEDIATRIC DISEASES	529
GENERAL PRINCIPLES OF REHABILITATION OF SHOULDER GIRDLE DYSFUNCTIONS.....	519	CONGENITAL HIP DYSPLASIA.....	529
2.4.3 Elbow Joint.....	519	Clinical Assessment of Newborns and Infants.....	529
<i>Pavel Kolář, Petr Bitnar, Olga Dyrhonová</i>		Examination by Imaging Methods.....	530
		Classification according to Radiological Findings.....	531
		Treatment	531
		SLIPPED CAPITAL FEMORAL EPIPHYSIS (SCFE)	533
		LEGG-CALVE-PERTHES DISEASE.....	534
		TRANSIENT SYNOVITIS OF THE HIP	536
		ADULTHOOD DISEASES	537

OVERUSE SOFT TISSUE INJURIES.....	537	TOE DEFORMITIES	553
Hip Adductor Enthesopathy	537	Hammer Toe (Digitus Hamatus).....	553
Rectus Femoris Enthesopathy.....	537	Club Toe (Digitus Malleus)	553
Hamstring Enthesopathy.....	537	OVERUSE SOFT TISSUE INJURIES	553
DEGENERATIVE DISEASES.....	537	PERITENDINITIS (TENOSYNOVITIS), ACHILLES	
Osteoarthritis of the Hip (Coxarthrosis).....	537	TENDON TENDINOSIS	553
TRAUMATIC LESIONS.....	538	TENOSYNOVITIS, POSTERIOR TIBIALIS	
Groin Injuries.....	538	TENDINOSIS	553
Hip Joint Dislocation	538	ENTHESOPATHY OF THE SHORT MUSCLES	
Proximal Femoral Fractures.....	538	OF THE SOLE OF THE FOOT, CALCANEAL	
REFERRED PAIN TO THE HIP JOINT		SPUR (CALCAR CALCANEI)	554
FROM OTHER SITES	539	TIBIALIS ANTERIOR SYNDROME	554
2.4.6 Knee Joint.....	539	TRAUMATIC LESIONS	555
<i>Pavel Kolář, Jiří Kříž</i>		ACHILLES TENDON RUPTURE.....	555
CONGENITAL DEVELOPMENTAL DEFECTS		INJURY TO THE ANKLE LIGAMENOUS	
OF THE KNEE JOINT.....	540	APPARATUS	555
OVERUSE SOFT TISSUE INJURIES	540	Acute Ankle Instability	555
TENDINOPATHIES	540	Chronic Lateral Ankle Instability.....	555
Patellar Tendonitis (Jumper's Knee).....	540	Rehabilitation Treatment Following Injuries	
Rectus Femoris Enthesopathy.....	540	and Surgeries of the Ligamentous Apparatus	
Hip Adductor Enthesopathy	540	of the Ankle and Foot.....	556
Enthesopathy of the Biceps Femoris Tendon.....	540	2.5 ORTHOTICS	557
ASEPTIC NECROSIS OF THE KNEE.....	540	<i>Petr Krawczyk</i>	
Osgood-Schlatter Disease (Aseptic Necrosis		2.5.1 Classification and Technical	
of the Tibial Tuberosity)	540	Overview of Orthoses.....	558
Sinding-Larsen-Johansson Syndrome		OVER-THE-COUNTER ORTHOSES	558
(Osteochondrosis of the Patellar Apex).....	541	CUSTOM-MADE ORTHOTICS.....	558
Osteochondritis Dissecans	541	2.5.2 Functional Indications for Orthoses.....	558
DEGENERATIVE DISEASES.....	542	FUNCTIONAL DEMANDS OF ORTHOSES.....	559
PATELLOFEMORAL JOINT DISORDERS.....	542	ACTION PRINCIPLES OF ORTHOSES	559
GONARTHROSIS	543	2.5.3 Contraindications.....	559
TRAUMATIC LESIONS	543	2.5.4 Upper Extremity Orthoses	559
<i>Miroslav Dobeš</i>		SCS CLASSIFICATION	560
SOFT TISSUE INJURIES OF THE KNEE.....	543	DESCRIPTION OF ORTHOSIS FUNCTION	
Physiology of Healing of the Knee Structures	543	ACCORDING TO SCS CLASSIFICATION	560
Physiology of Soft Tissue Healing.....	543	BASIC OVERVIEW OF UPPER EXTREMITY	
Physiology of Ligamentous Healing	543	ORTHOSES	560
Physiology of Autogenous Graft Healing.....	543	HAND ORTHOSIS – HO.....	560
Rehabilitation Following Meniscal Injuries		WRIST ORTHOSIS, WRIST HAND ORTHOSIS –	
and Repairs.....	544	WO, WHO.....	560
Rehabilitation following Medial Collateral		ELBOW ORTHOSIS, ELBOW WRIST HAND	
Ligament (MCL) Injury.....	546	ORTHOSIS – EO, EWHO	561
Rehabilitation following Anterior Cruciate		SHOULDER ORTHOSIS, SHOULDER ELBOW	
Ligament Injury and Reconstruction	547	ORTHOSIS, SHOULDER ELBOW WRIST HAND	
Actual Rehabilitation Program.....	547	ORTHOSIS – SO, SEO, SEWHO	561
2.4.7 Ankle and Foot	550	2.5.5 Lower Extremity Orthoses	562
<i>Miroslav Dobeš, Pavel Kolář, Olga Dyrhonová</i>		BASIC CLASSIFICATION OF LOWER EXTREMITY	
CONGENITAL DEVELOPMENTAL DEFECTS.....	550	ORTHOSES	562
TREATMENT OF CONGENITAL		FOOT ORTHOSIS – FO.....	562
DEVELOPMENTAL DEFECTS IN GENERAL.....	550	ANKLE-FOOT ORTHOSIS – AFO.....	562
ALIGNMENT DEFORMITIES.....	550	KNEE ORTHOSIS – KO.....	563
FLAT FOOT	550	KNEE-ANKLE-FOOT ORTHOSIS – KAFO.....	563
Classification of flat foot.....	550	HIP-KNEE-ANKLE-FOOT ORTHOSIS – HKAFO.....	565
HALLUX VALGUS.....	551	2.5.6 Trunk Orthoses	565
HALLUX RIGIDUS.....	552	BASIC CLASSIFICATION OF TRUNK ORTHOSES	565
METATARSALGIA	552		

CERVICOTHORACIC ORTHOSES – CTO.....	566
THORACIC ORTHOSES – TO.....	566
THORACOLUMBAR ORTHOSES – TLO.....	566
THORACOLUMBOSACRAL ORTHOSIS – TLSO	566
CERVICOTHORACOLUMBOSACRAL ORTHOSIS – CTLSO	566
2.5.7 Most Commonly Applied Orthoses in Pediatric Orthopedics.....	566
Congenital Pes Equinovarus (Club Foot).....	566
Metatarsus Adductus	567
Pes Calcaneovalgus.....	567
Foot Deformities in Arthrogyposis	567
Flat Foot.....	567
Osgood-Schlatter Disease (Patellar Ligament Tendinopathy).....	567
Patellar Dislocation	567
Genu Varum, Genu Valgum, Genu Recurvatum	567
Congenital Developmental Hip Dysplasia	567
Legg-Calve-Perthes Disease.....	568
Limb Reduction Defects	568
Scoliosis	568
2.5.8 Most Commonly Applied Orthoses in Orthopedics for Adult Patients	569
ORTHOTIC OPTIONS IN COMPLICATIONS DURING APPLICATION OF TOTAL ENDOPROTHESIS OF THE KNEE AND HIP JOINTS.....	569
ORTHOSIS APPLICATION IN RHEUMATOID ARTHRITIS.....	569
LEG LENGTH DISCREPANCY	569
ORTHOTIC CARE FOR THE TREATMENT OF FOOT DEFECTS	570
NOTES TO APPLICATION OF TRUNK ORTHOSIS IN LOW BACK PAIN	570
ORTHOTIC DEVICES FOR FOOT DEFORMITIES IN ADULTHOOD.....	571
ORTHOTIC OPTIONS FOR ACUTE AND CHRONIC JOINT INSTABILITIES OF THE LOWER AND UPPER EXTREMITES	571
ORTHOSIS IN SPINAL TRAUMA	572
ORTHOTIC OPTIONS IN TENDON INJURIES OF THE HAND	572
FUNCTIONAL TREATMENT OF TENDON INJURIES IN THE LOWER EXTREMITY	572
FUNCTIONAL TREATMENT OF LOWER EXTREMITY FRACTURES.....	573
ORTHOTIC CARE IN PATIENTS AFTER CRANIALTRAUMA.....	573
ORTHOTIC MANAGEMENT FOR PATIENTS FOLLOWING BURN INJURIES.....	574

2.6 REHABILITATION OF PATIENTS AFTER EXTREMITY AMPUTATION

Jan Kálal

2.6.1 Reasons for Amputations

2.6.2 Prosthetics.....

Structure of a Prosthesis	575
Gait with a Prosthesis.....	575
Indication Criteria.....	575
Residual Limb Care.....	575
Gait Training.....	576
Prosthesis Prescription	576
Categories of Amputees According to Insurance Companies Regulations.....	576

2.6.3 Complications in Amputations

2.7 REHABILITATION TOOLS

Jan Kálal

3 TREATMENT REHABILITATION FOR SELECTED INTERNAL AND OTHER DISEASES

*Miloš Máček, Jiří Radvanský,
Libuše Smolíková, Pavel Kolář*

GENERAL SECTION

3.1 PHYSIOLOGICAL MECHANISMS UTILIZED IN REHABILITATION INCLUDING ADAPTATION TO PHYSICAL ACTIVITY.....

3.1.1 Cardiac System Adaptation

Miloš Máček, Jiří Radvanský

3.1.2 Pulmonary System Adaptation.....

Jiří Radvanský

3.1.3 Metabolic Adaptation

Miloš Máček

3.1.4 Immunity Adaptation

Ondřej Suchánek, Pavel Kolář

3.2 FUNCTIONAL STRESS TEST IN PATIENTS WITH CARDIOPULMONARY DYSFUNCTION.....

Jiří Radvanský

3.2.1 Laboratory Stress Test

3.2.2 Basic Terminology of a Functional Stress Test.....

3.2.3 Fitness Testing in Less Fit Individuals

3.2.4 Fitness Assessment Based on Submaximal Stress Tests

3.2.5 Assessment of Stress Test

3.2.6 Assessment of Activity Including Assessment of the Functional Ability of an Elderly Patient

3.2.7 Specific Stress Test Adaptations for Patients with Ischemic Heart Disease (IHD).....

3.3 FUNCTIONAL LUNG ASSESSMENT	599
<i>Jan Šulc</i>	
3.3.1 Causes of the Onset of Pulmonary Dysfunctions in Patients with Deficits in the Movement System and in Certain Organ Systems	599
3.3.2 Diagnostic Approaches.....	599
Methods in Pulmonary Function Testing	601
Description of Pulmonary Function Parameters	603
3.3.3 Interpretation and Implementation of Conclusions from a Pulmonary Function Test.....	604
Restrictive Lung Dysfunction	604
Lung Hyperinflation.....	604
Obstructive Deficits	605
Changes in Lung Elastic Properties	605
IMPLEMENTATION INTO CLINICAL PRACTICE.....	605
 SPECIAL SECTION	
3.4 RESPIRATORY DISEASES.....	606
<i>Miloš Máček, Jiří Radvanský, Libuše Smolková, Pavel Kolář</i>	
3.4.1 Rehabilitation for Bronchial Asthma	606
<i>Miloš Máček</i>	
EXERCISE-INDUCED BRONCHOSPASM	607
3.4.2 Rehabilitation in Chronic Obstructive Pulmonary Disease (COPD)	609
<i>Miloš Máček</i>	
PERIPHERAL MUSCLE DYSFUNCTION.....	609
Rehabilitation of Patients with COPD.....	610
Program for Patients with Mild and Moderate COPD....	611
Assistive Methods with Exercise Therapy in COPD.....	611
3.4.3 Implementation of Rehabilitation in Other Respiratory Dysfunctions.....	614
<i>Miloš Máček</i>	
Respiratory Insufficiency in Neuromuscular Disturbances and Thoracic Deformities.....	614
Rehabilitation of Patients Following Spinal Cord Injury: Effect on Lung Function.....	614
<i>Jan Šulc</i>	
Rehabilitation of Patients on Breathing Support.....	616
<i>Libuše Smolková</i>	
3.4.4 Methods and Approaches Used in the Rehabilitation of Patients with Chronic Pulmonary System Dysfunction.....	617
<i>Libuše Smolková, Pavel Kolář</i>	
3.5 SURGICAL PROCEDURES IN THE THORACIC REGION.....	617
<i>Lenka Babková</i>	
3.5.1 Rehabilitation following Pulmonary Surgery	617
Breathing Preparation.....	618
3.5.2 Rehabilitation following Cardiac Surgery.....	618
Pre-Operative Fitness Improvement and Correction of Musculoskeletal System Dysfunctions.....	618
Post-Operative Rehabilitation Approaches.....	618
EXERCISE THERAPY	619
Post-Operative Complications.....	621
3.6 ISCHEMIC HEART DISEASE (IHD).....	621
<i>Jiří Radvanský</i>	
KEY COMPONENTS OF A COMPLEX REHABILITATION PLAN	622
3.7 METABOLIC DISTURBANCES.....	624
<i>Jiří Radvanský</i>	
3.7.1 Diabetes Mellitus – Type 2	624
3.7.2 Diabetes Mellitus – Type 1	627
3.8 RHEUMATIC DISEASES.....	627
<i>Irena Koudelková, Pavel Kolář</i>	
3.8.1 Rheumatoid Arthritis	628
3.8.2 Juvenile Rheumatoid Arthritis (Juvenile Idiopathic Arthritis).....	631
3.8.3 Ankylosing Spondylitis	632
3.8.4 Osteoporosis	635
3.8.5 Fibromyalgia Syndrome.....	636
<i>Petr Knotek, Pavel Kolář</i>	
CLINICAL MANIFESTATIONS AND DIAGNOSIS.....	638
Differential Diagnosis	638
Biological Aspects of FMS.....	639
Psychological Aspects of FMS	640
TREATMENT	641
3.9 OTHER DYSFUNCTIONS AND DISEASES ..	644
<i>Pavel Kolář</i>	
3.9.1 Lymphedema and Treatment	644
<i>Martin Wald, Hana Váňová</i>	
ANATOMY OF THE LYMPHATIC SYSTEM.....	645
MECHANISM OF LYMPHATIC FLUID FORMATION	645
DIAGNOSIS AND DIFFERENTIAL DIAGNOSIS.....	645
TREATMENT	645
Manual Lymphatic Drainage.....	646
Pharmacotherapy	646
Treatment Frequency	646
EDEMA PREVENTION.....	646
PROGNOSIS	647
3.9.2 Treatment Rehabilitation of Bowel Incontinence	647
<i>Pavel Kolář</i>	
3.10 GERIATRICS	648
<i>Zdeněk Kalvach</i>	
3.10.1 Aging Phenotype and Involution Deterioration	649

3.10.2 Geriatric Frailty and Geriatric Syndromes	649
GERIATRIC SYNDROMES OF HYPOMOBILITY, DECONDITIONING AND MUSCLE WEAKNESS	650
HYPOMOBILITY.....	650
DECONDITIONING.....	650
SARCOPENIA.....	650
GERIATRIC MODIFICATIONS AND CONTINUITY OF REHABILITATION ACTIVITIES.....	650
3.10.3 Principles of Movement Activity Selection in the Aging Population	651
<i>Miloš Matouš, Pavel Kolář</i>	
Assessment Prior to Exercise Program Initiation	652
Exercise Programs.....	652
Reconditioning Stays.....	653

4 TREATMENT REHABILITATION IN ONCOLOGY

Vítězslav Hradil

REHABILITATION SPECIFICS FOR PATIENTS WITH ONCOLOGIC CONDITIONS.....	657
BASIC GOALS AND ASSESSMENT OF REHABILITATION TREATMENT.....	657
REHABILITATION TREATMENT COMPLICATIONS.....	658

GENERAL SECTION

4.1 PAIN PATTERNS IN PATIENTS WITH ONCOLOGICAL DISEASES	658
4.1.1 Pain Pattern and Its Treatment.....	658
4.1.2 Classification of Oncologic Pain	658
4.2 PARAMETERS FOR THE INTERRUPTION OR MODIFICATION OF A REHABILITATION PROGRAM.....	659
4.2.1 Laboratory Values.....	659
4.2.2 Long Bone Metastases.....	659
4.2.3 Other Parameters Modifying Rehabilitation Treatment.....	660
4.3 REHABILITATION APPROACHES	660
4.3.1 Modalities.....	660
4.3.2 Physical Therapy Techniques	661
4.3.3 Contraindications.....	661
4.4 SPECIFIC FACTORS INFLUENCING REHABILITATION TREATMENT	662

SPECIAL SECTION

4.5 METASTATIC INVOLVEMENT	662
4.5.1 Metastatic Involvement of the Skeleton	662

ONCOLOGICAL DISEASES OF THE SPINE	663
ONCOLOGICAL DISEASES AND SURGICAL APPROACHES FOR THE EXTREMITIES	664
4.5.2 Metastatic Involvement of the Brain and the Spinal Cord	666

4.6 PARANEOPLASTIC SYNDROMES

4.7 SIDE EFFECTS OF ONCOLOGIC TREATMENT	667
NEUROLOGICAL SYMPTOMS	667
4.7.1 Cerebellar Syndrome.....	667
4.7.2 Peripheral Polyneuropathy	667
4.7.3 Hormone Therapy.....	669
4.7.4 Immunotherapy.....	669

4.8 SOFT TISSUES AND MUSCLE TISSUE

4.9 RADIATION THERAPY.....

4.10 LYMPHEDEMA

5 TREATMENT REHABILITATION IN GYNECOLOGY AND OBSTETRICS

Martina Ježková, Pavel Kolář

5.1 OVERVIEW OF GYNECOLOGICAL SYNDROMES WITH CONTRIBUTION OF FUNCTIONAL DEFICITS.....

Martina Ježková, Pavel Kolář

DYSFUNCTIONS OF THE MENSTRUAL CYCLE AND FUNCTIONAL STERILITY.....	674
AMENORRHEA.....	674
DYSMENORRHEA	674
STERILITY	675

5.2 PREMENSTRUAL SYNDROME AND MENOPAUSE

PREMENSTRUAL SYNDROME.....	678
MENOPAUSE.....	678
MENOPAUSE, PREMENOPAUSE, POSTMENOPAUSE.....	678
MENOPAUSAL SYNDROME.....	679
SYNDROMES THAT CAN BE AFFECTED BY REHABILITATION.....	679

5.3 PELVIC INFLAMMATORY DISEASE.....

5.4 ANATOMICAL DEFICITS IN GYNECOLOGY

5.5 GYNECOLOGICAL SURGICAL PROCEDURES.....

Post-Operative Complications (Post-Surgical Incisions)..	683
--	-----

5.6 URINARY INCONTINENCE.....	683	7.2 TREATMENT	711
<i>Martina Hoskvcová</i>		7.2.1 Biological, Psychological and Social Context: Non-Specific Rehabilitation Factors	711
5.7 PREGNANCY, BIRTH AND THE POSTPARTUM (POSTNATAL) PERIOD	686	7.2.2 Treatment Rehabilitation	713
<i>Martina Ježková, Pavel Kolář</i>		<i>Barbora Danielová, Petr Knotek, Pavel Kolář</i>	
PREGNANCY	686	7.2.3 Psychotherapy	714
BIRTH.....	686	7.2.4 Psychopharmacotherapy	714
POSTPARTUM	687		
6 TREATMENT REHABILITATION IN PAIN MANAGEMENT		8 REHABILITATION IN PSYCHIATRY	
<i>Jiří Kozák, Pavel Kolář</i>		8.1 REHABILITATION IN THE AREAS OF SOCIAL AND VOCATIONAL FUNCTIONS	717
6.1 CLASSIFICATION OF PAIN	691	<i>Ondřej Pěč, Lenka Vachková, Jan Mužík</i>	
Acute Pain	691	8.1.1 General Aspects of Psychiatric Rehabilitation	718
Chronic pain	691	Current Schools of Psychiatric Rehabilitation.....	718
6.2 FOUNDATIONS OF NEUROPHYSIOLOGIC PAIN	691	Target Group of Psychiatric Rehabilitation.....	718
6.3 PAIN MANAGEMENT.....	692	Principles of Psychiatric Rehabilitation.....	718
6.4 COMPLEX REGIONAL PAIN SYNDROME (CRPS)	695	Recovery	719
		8.1.2 Process of Psychiatric Rehabilitation and Possible Approaches.....	720
		Process of Psychiatric Rehabilitation According to the Boston School.....	720
		Process of Psychosocial Rehabilitation According to the Netherlands' School STORM	721
		8.1.3 Specific Levels of Psychiatric Rehabilitation	721
		Vocational rehabilitation	721
		Assisted Education	723
		Rehabilitation and Housing	723
		Rehabilitation in the Areas of Social Interaction and Leisure Time.....	724
		8.1.4 Psychiatric Rehabilitation Assessment.....	725
		8.2 PSYCHOMOTOR THERAPY	725
		<i>Běla Hátlová, Milena Adámková</i>	
		8.2.1 General Aspects of Psychomotor Therapy.....	726
		Research in Kinesiotherapy.....	726
		Physical Self-Concept	726
		Role of Movement Activity in Stress Coping	726
		Somatic State and Movement Abilities of Patients with Mental Illness.....	726
		Why Movement Therapy?	727
		8.2.2 Kinesiotherapy	727
		Circumscription of the term Kinesiotherapy	727
		Actions of Kinesiotherapy	727
		Types of Kinesiotherapy in the Treatment of Psychiatric Patients.....	728
		Integrated and Focused Kinesiotherapy.....	728
		Kinesiotherapeutic Activation Programs	728
		Kinesiotherapeutic Active Relaxation Programs.....	728
		Perceptive (Attention) Focused Kinesiotherapy.....	728
7.1 MODERN PSYCHOSOMATICS	701		
7.1.1 Psychosomatics and Current Science	702		
7.1.2 Psychosomatics and Irrationality.....	702		
7.1.3 Biological, Psychological and Social Approach	703		
Psychosomatic Integrity	704		
Normality	705		
Psychobiology and Sociocultural Norms	705		
Cognitive Processes and Adaptation	705		
Failure as a Pathological Adaptation.....	706		
7.1.4 Placebo and Nocebo	706		
7.1.5 Charisma.....	708		
7.1.6 Physical Manifestations as Signs and Symptoms	708		
7.1.7 Deficits and Signs.....	710		
Acute Psychological Reaction to Stress	710		
Neurotic Disturbances	710		
Psychosomatic Disturbance	710		
Psychosomatic Diseases of Organs and Organ Systems.....	710		
Systemic Diseases	711		
Somatopsychological Disturbance.....	711		

Kinesiotherapeutic Programs Increasing Self-Confidence and Confidence in Others.....	729	Kinesiotherapy for the Treatment of Neuroses.....	730
Kinesiotherapeutic Communication Programs	729	Kinesiotherapy for the Treatment of Personality and Behavioral Disorders.....	731
Therapeutic Utilization of Athletic Exercises	729	Principles of Kinesiotherapy Administration in the Mentally Ill	731
Suggested Forms of Kinesiotherapy for the Treatment of Psychological Illnesses.....	729	BIOGRAPHIES OF INFLUENTIAL FIGURES	733
Kinesiotherapy for the Treatment of Dementia	729	ABBREVIATIONS	747
Kinesiotherapy for the Treatment of an Addiction Syndrome	729	INDEX	749
Kinesiotherapy for the Treatment of Schizophrenia.....	730		
Kinesiotherapy for the Treatment of Manic Illnesses.....	730		