

# Learning Courses

Third Faculty of Medicine, Charles University

**HOW TO GET THERE** ([see map here](#))

Best public transport options:

**Metro + walking:** From Metro Line A – Želivského station, about a 10–15 minute walk along Šrobárova Street towards the hospital, then continue across the campus downhill.

**Bus 175:**

- From Flora metro station, take bus 175 towards Háje and get off at the Volyňská stop.
- From Strašnická metro station, take bus 175 towards Florenc and get off at the Volyňská stop.

For those attending the neurorehabilitation workshops in the morning, we will walk together as part of activities supporting people with multiple sclerosis.

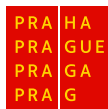
**Registration: At the faculty entrance.**



Third Faculty  
of Medicine  
Charles University



POSLANECKÁ  
SNĚMOVNA  
PARLAMENTU  
ČESKÉ REPUBLIKY



[www.ceros.mobi](http://www.ceros.mobi) a [www.rehabinms.org](http://www.rehabinms.org)

# Program

The learning courses provide an opportunity to explore assessment and therapeutic methods used in clinical practice and scientific research in the Czech Republic. The program was prepared by **Prof. PhDr. Kamila Řasová, Ph.D., Third Faculty of Medicine, Charles University.**



## Practical Application of the International Classification of Functioning, Disability and Health (ICF) Core Set in Clinical Practice for People with Multiple Sclerosis

Prof. PhDr. Kamila Řasová, Ph.D., MUDr. Miroslav Zvolský, MUDr. et Bc. Petra Sládková, Ph.D., Mgr. Markéta Pavlíková, Ph.D., MUDr. Barbora Miznerová, Bc. Karolína Straková, Mgr. Kamila Voňková  
*Sylabova Lecture Hall, ground floor*

Effective care for people with multiple sclerosis (MS) requires reliable tools to assess health status and monitor changes

caused by disease progression or rehabilitation. The World Health Organization (WHO) recommends the use of ICF Core Sets—key categories of the ICF—that summarize challenges faced by people with MS and provide a foundation for targeted rehabilitation.

Experts from the Third Faculty of Medicine, Charles University, have adapted the Brief Core Set for MS, including 19 categories covering body functions, structures, activities, participation, and environmental factors. This set has been further expanded to meet the needs of Czech clinical practice. Experiences from Domov sv. Josefa (the only specialized inpatient facility for MS in the Czech Republic) and from the Rehabilitation and Rheumatology Clinic of the Third Faculty of Medicine and Thomayer University Hospital will be presented.

### **References:**

- Švestková O, Angerová Y, Sládková P, Bickenbach J, Raggi A. Functioning and disability in traumatic brain injury. *Disability and Rehabilitation*. 2010;32(1):68–77.
- Švestková O, Angerová Y, Sládková P, Keclíková B, Bickenbach J, Raggi A. Functioning and disability in multiple sclerosis. *Disability and Rehabilitation*. 2010;32(1):59–67.



## Possibilities of the Vojta Method in Patients with Multiple Sclerosis

Mgr. Šárka Špaňhelová

*Burianova Lecture Hall, ground floor*

The Vojta method (Vojta reflex locomotion, VRL) is a diagnostic and therapeutic approach based on genetically determined movement patterns stored in the central nervous system, which can be therapeutically activated under specific conditions. Activation of these patterns enriches spontaneous motor behavior and influences sensory, motor, and autonomic regulation.

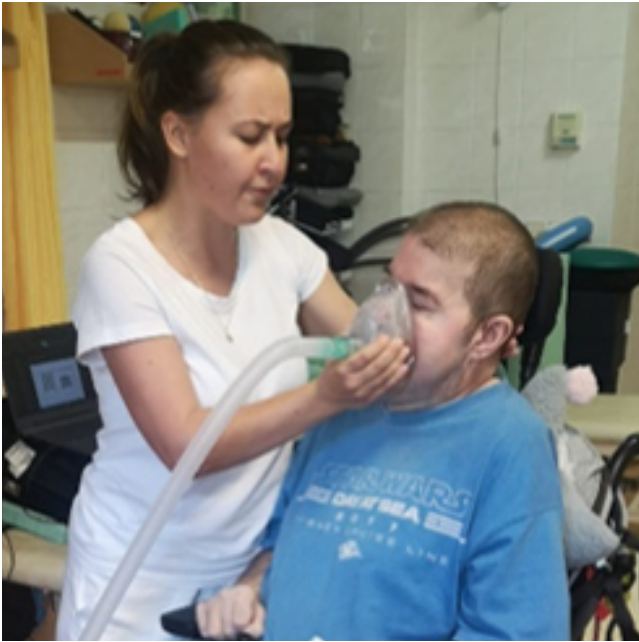
This presentation focuses on the application of the Vojta method in adults with MS, including its basic principles, diagnostic potential, and therapeutic use in adult neurological practice. Indications and contraindications for its use in people with MS will also be discussed.

Clinical experience with Vojta VRL in MS will be presented through selected case reports highlighting its possibilities and limitations. An overview of relevant published studies on Vojta reflex locomotion in adult neurological patients, including those with MS, will support the integration of current evidence into clinical reasoning while acknowledging limitations in the existing scientific knowledge.

### **References:**

Řasová K, Bučková B, Prokopiusová T, Procházková M, Angel G, Marková M, et al. A three-arm parallel-group exploratory trial documents balance improvement without much evidence of white matter integrity changes in people with multiple sclerosis following two months of ambulatory neuroproprioceptive “facilitation and inhibition” physical therapy. *Eur J Phys Rehabil Med.* 2021;57(7):889–899. doi:10.23736/S1973-9087.21.06701-0

Pavlíková M, Cattaneo D, Jonsdottir J, et al. The impact of balance-specific physiotherapy, therapy intensity, and disability on static and dynamic balance in people with multiple sclerosis: a multicenter prospective study. *Mult Scler Relat Disord.* 2020;40:101974. doi:10.1016/j.msard.2020.101974



## Rehabilitation Solutions for Severely Disabled Persons

Klara Novotna PhD, Martin Srp PhD  
Jelínek lecture hall

This course addresses rehabilitation strategies for people with MS and severe disability (EDSS  $\geq 7.0$ ). It offers evidence-based recommendations supported by clinical experience with patients facing advanced functional limitations.

The course emphasizes respiratory physiotherapy as an essential part of preventing secondary complications and

maintaining respiratory function. We will describe our workplace's experience with respiratory function training, as well as with therapy for ineffective coughing. This includes a description of specific aids. The course also covers our experience with outpatient physiotherapy for people with EDSS  $\geq 7.0$ .

In addition, the course will also address issues related to promoting self-sufficiency and maintaining quality of life through modern communication support technologies and assistive devices that utilize smart home technology.

### *References:*

Srp, M., Capek, V., Gal, O., Havrdova, E. K., Jech, R., Korteova, R., Novotna, K., Ruzicka, E., Ruzickova, H., Srpova, B. & Hoskovcova, M. (2021). Severely disabled multiple sclerosis patients can achieve the performance of healthy subjects after expiratory muscle strength training. *Multiple Sclerosis and Related Disorders*, 55, 103187.

Novotná, K., Motýl, J., Friedová, L., Menkyová, I., Andělová, M., Vodehnalová, K., ... & Horáková, D. (2023). Validation of the Czech version of the Dysphagia in Multiple Sclerosis questionnaire (DYMUS). *Dysphagia*, 38(4), 1087-1095.

Novotná, K; Iroušková, M; Menkyová, I a Angerová, Y. Pomůcky pro mobilitu pro osoby s roztroušenou sklerózou. Online. *Ergoterapie: Teorie a praxe*. 2025, roč. 3, č. 2, s. 16–21. ISSN 3029-5025.