

## **SUMMARY (Dissertation)**

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### **Rehabilitation in Poland between 1918-1939**

The presented doctoral dissertation represents an attempt to disclose the Polish rehabilitation from the inter-war period. The assumption of the thesis was to fulfill the blank in the historiography of the physical culture, rehabilitation and physiotherapy in Poland in years 1918-1939. The goal of the research was to create the first complex coverage incorporating all the components of the therapeutic rehabilitation into.

To answer the established thesis: the development of rehabilitation in Poland between 1918-1939, the territory of the research is the II Republic of Poland in the borders established after the regaining sovereignty in 1918 until the outbreak of The Second World War.

The presented dissertation is a historical work. The analysis of the historical materials was the main method used to write the thesis. The composition of the work has paramountly substantive character and collaterally chronological. The work describes, precises and explains uncertainties; verifies many important dates, events, facts and data. The results of the research presented in the narration of the thesis are documented with footnotes as well as in the appropriate bibliography.

The collected bibliographic material includes pre-war publications. In this source there are compact publications, articles from therapeutic, balneological, rehabilitative, physical culture and sport magazines. The source of the search were mainly archival resources. The query covers many pre-war magazines (years 1918-1939), magazines released after 1945, first coursebooks released in the interwar period. Source documents and compact materials from the materials from scientific conventions have an important contribution. The source of information were brochures, folders, commercial materials useful to disclose the development of resorts in Poland in the mentioned period. A lot of biographies of doctors, hygienist, instructors, physical education medics and others were used. Valuable documents were gathered from private resources, from people who have been working in „Polish rehabilitation and physiotherapy” for many years. The Internet resources were used as well. An important source database constitute photos, referring to the topic of the thesis, which were attached in certain chapters. Detailed list of the used materials was included in the bibliography.

The main issue was characterized on the background of the development of two concepts in Poland: physical education and physical culture considering physical activity of human in terms of health function and development of physiotherapy. Therapeutic gymnastics, massage, hydrotherapy, climatotherapy and other sorts of therapy with medicine and physical culture were emphasized. Taken into consideration were also connections of Polish rehabilitation with other medical specialties i.e. orthopedics, rheumatology, surgery, internal medicine and sports medicine, which development also took place in the interwar period, and which from the very beginning used activities and physical factors as an element of the therapy. In the thesis the processes of originating science and experimental centers dealing with physical culture were shown. That allowed to disclose the concept, and participation, and achievements of Polish doctors, physical education and therapeutic gymnastics instructors in shaping theoretical basics and practice in already mentioned fields. Socio-political conditions, legal basis, the most significant factors influencing shaping and development of this new discipline in the interwar period were mentioned as well.

A few important questions were tried to be answered in this thesis. The main issue was to determine what impact had had annexation on shaping the standard of Polish rehabilitation in the II Republic of Poland; what was the impact of The First World War on shaping rehabilitation and what were its' health results reflected on the society, what factors must be considered as important in the process of shaping the standard of rehabilitation in years 1918-

1939. Answers also were searched for the questions what were the most severe obstacles in the process of shaping standard of rehabilitation, could they lead to a total stop of this process, and what settled that those obstacles had been overcome and the basis of the standard of rehabilitation were ultimately shaped. The intention to write present work was also an attempt of explanation what elements from the standard of rehabilitation that had been worked out in the II Republic of Poland were applied directly after 1945 to the model of rehabilitation in Polish People's Republic.

In the first chapter the present ancestry of rehabilitation is presented on a global scale, mainly based on the leading countries i.e. Sweden, Germany, USA and others. In the second chapter the operation of gymnastics institutions working on the Polish ground at the turn of the century XIX and XX has been characterized. Their broad operation had a great impact on the development of rehabilitation in the third decade of the XX Century. The third chapter is the broadest one because it has been decided that activity and achievements in the field of medicine and physical education had the greatest impact on the development of rehabilitation in Poland. In this chapter there is a description of work of the first scientific centers promoting treatment with physical activities, which were developing basing on the medical departments of the universities in Poznań, Warszawa, Kraków and Lwów. The development of rehabilitation beyond the centers has also been included. The fourth chapter deals with doctors' work as well as other representatives of the environment connected with universalizing hygiene, motion and physical activity in Polish schools and life of young man. It was adjudged that the development of rehabilitation would not be possible without previous development of school hygiene, physical education, sport and broadly understood physical culture. In the fifth chapter the development of the standard of Polish balneological physiotherapy applied in rehabilitation in years of the II Republic of Poland has been presented. Hydrotherapy institutions and resorts were the places where doctors and gymnastics instructors could practise; these were places to conduct experiments and to confirm the effectiveness of physiotherapeutic treatments in terms of clinic. The last chapter is devoted to conclusions.

The thesis refers to the work interests of many Poles, their creative, scientific potential, accomplished targets and lost opportunities. Some of them being patriots, and often active soldiers, sacrificed their lives for their homeland during the Second World War. The author is convinced that the following doctoral thesis will order the knowledge about rehabilitation in Poland in discussed period and will clarify all inadequacies. But above all the thesis will contribute to understand tradition of therapeutic rehabilitation. Hopefully it may also encourage some people to improve their knowledge about this field of study by investigating and studying literature and archival resources.

Presented achievements in thesis will prove that period between 1918 and 1939 was important period for Polish rehabilitation indeed. In discussed period an intensive improvement of physiotherapy took place and was a contributor to the standard of rehabilitation development. Polish scientists were pioneers in many interesting methods and physiotherapeutic treatments. An intensive and innovative development of balneology and balneotherapy was noticeable and the legal basis concerning therapeutic treatment were in force for a long time even after the Second World War. The wrought concepts and methods appeared to be so important to medicine and rehabilitation that they have been practised till the present day by Polish doctors and physiotherapists. After the Second World War the Polish standard of rehabilitation was created by people creating the standard in years 1918-1939 and their students.