

Abstract:

Title: Total knee replacement

Aim: the aim of this thesis is to a clinical study of a patient who had underwent the total knee replacement and to give her suitable rehabilitation. This is the final thesis for the bachelor degree in physiotherapy.

The anatomy of the joints, muscles, ligaments, cartilages of the knee joint are described with their functions. Also, the movements and kinesiology of the knee are discussed in details. All these followed by the osteoarthritis like what it is, what causes it and so-on. Total knee replacement are also described in detail with the proceduces that should be done before and after operation and the care that should be taken by the patient after the operation. At the end of the theoretical part, the ways of rehabilitation are being listed. In the case study, the initial examinations, short term plan, long term plan, day to day therapy and their effects are shown with the final examination and the therapeutic effect. The different approaches were used in the therapies to get the full function of the knee. The patient got better but needs more therapies. A total of 8 therapies were done with the patient.

Key words: anatomy of knee, osteoarthritis. Total knee replacement, rehabilitation plan.