

## **Abstract**

**Title:** Physiotherapy case study of a patient after ankle surgery

**Objectives:** The aim of theoretical part is to obtain, elaborate and summarize knowledge of anatomy, biomechanics and kinesiology; all related to ankle joint and foot. Further, the purpose is to analyse information about traumatology, diagnostics and therapy of the area of ankle and foot. The objective of practical part is to write a case study of the patient after ankle surgery and to create therapy plan for the patient. The therapy plan will be performed on the patient so the results of the therapy could be evaluated.

**Methods:** This bachelor thesis is divided into two main parts, theoretical and practical. The theoretical part summarizes all knowledge that is related to the diagnosis of injury and surgery of the ankle joint. The information is analysed from different science domains: anatomy, kinesiology, traumatology, pathology, diagnostics and rehabilitation. The practical part is represented by the case study of the patient after ankle injury and several surgeries in this area. The case study consists of input kinesiological examination, therapy schedule, practical performance of the therapy, output kinesiological examination and the therapy effect evaluation. The practical part was elaborated during the clinical practice in "Rehabilitační nemocnice Beroun" in the term from 14th January to 8th February 2019.

**Results:** The condition of the patient after his two-week rehabilitation stay at the hospital was significantly better from my point of view and from the patient's too. The stability and the range of movement of the injured ankle joint were better and muscles around the ankle were stronger.

**Conclusion:** The patient really needed the rehabilitation stay especially to improve his style of walking. The limp on the injured foot was annoying for the patient in his daily activities and also possibly dangerous for the rest of the musculoskeletal system, because limp could lead to other pathologies and pain from the foot to the back and then to the other parts of the body.

**Keywords:** physiotherapy, ankle joint, case study, posttraumatic arthrosis, osteosynthesis