

Abstract:

Topic name: A case report of physiotherapeutic treatment of a patient after total shoulder replacement.

Aim: The aim of the theoretical part is to characterize the anatomy of the shoulder joint, its kinesiology and biomechanics, then to summarize the topic of shoulder replacement and to focus on physiotherapeutic procedures used in patient rehabilitation. The aim of the practical part is to process the physiotherapeutic case study of a patient.

Method: The theoretical part of the thesis is elaborated in the form of literary research. The special part contains a case report of a patient with a total reverse shoulder replacement and is based on practical cooperation with the patient during continuous practice at MediCentrum Praha, a.s. The case report includes entry and exit kinesiological examinations, short-term and long-term therapy plans, a description of the course of individual therapeutic units and an evaluation of the effect of therapy.

Results: In the theoretical part I summarize anatomy, kinesiology and biomechanics of the shoulder joint. I define the shoulder joint alloplasty, history, indications, contraindications, complications and the course of surgery. I also managed to summarize the process of physiotherapeutic care for a patient following the implication of total reverse shoulder replacement, the most common approaches used in therapies and physical therapy used in the care of these patients. In practical work with the patient I apply the mentioned therapeutic procedures in a patient who was implanted three months ago. I evaluate the selected procedures as effective. Due to the late initiation of continuous therapy, their effect was not quantitatively significant. An example of quantitative progression during physiotherapy is an increase in the active range of motion to flex in the shoulder joint by 20 ° and 10 ° abduction.

Conclusion: I evaluate the physiotherapeutic procedures I used in the care of the patient as effective, despite the delay in the start of therapy. Physiotherapeutic care of a patient with difficulty in the shoulder joint is time-consuming, highly individual, requires active patient collaboration, but if the therapist targets appropriately selected procedures for the problem, it is highly likely to improve the function of the shoulder joint.

Key words: physiotherapeutic procedures, case report, total shoulder joint endoprosthesis, reverse total shoulder prosthesis, shoulder shoulder reverse TEP