

Abstract

“Case Study of Physiotherapy Treatment of a Patient with Pain in the Medial Part of the Left Calf”

The following Bachelor thesis took place at the outpatient rehabilitation department of the Central Military Hospital, in Prague, for a period of two weeks.

The aim of this work is, firstly, to present a theoretical overview about the area of the body subject to the patient's complain, exploring the leg and the triceps surae from an anatomical and kinesiological perspective. Then the muscular pathological finding that is the most probable cause of the patient's pain is investigated.

The second part of the thesis concerns the practical work performed in hospital and wants to show if and how the initial physical condition displayed by the patient can change through the application of appropriate physiotherapeutic procedures, which are based on the results of examinations and on the investigation of the possible causes of the triceps surae pain.

The 30-year old patient showed pain to the touch in a restricted area of the medial aspect of the left triceps surae that was also tense and swollen. It corresponded to the location of a myofascial trigger point in the gastrocnemius. Not only the left gastrocnemius was problematic but many other muscles of the lower extremities and the trunk showed hypertonicity, shortness and myofascial trigger points. Moreover, some joint blockages and postural imbalances were present.

All the used methods for the treatment were non-invasive, focusing mostly on soft tissue and post-isometric relaxation techniques - to release hypertonic muscles, fascias and myofascial trigger points - and stretching exercises - to reduce muscle shortening. Some of these exercises were inspired by yoga positions. Also mobilisation techniques were performed, to release the blocked joints and increase their range of movement.

After five therapeutic sessions, the most evident finding was a decrease in tension of all the patient's hypertonic muscles, including the left gastrocnemius.

In conclusion, the therapeutic procedures applied were effective in improving the patient's initial situation.

Keywords: triceps surae, gastrocnemius, trigger point, hypertonic muscle, swelling, pain.