

Abstract

Title: A Case study of physiotherapy treatment of arthrosis patient after total knee replacement.

Thesis aim: The aim of this thesis is to review the rehabilitation of a patient after total knee replacement due to osteoarthritis. It is divided into two parts theoretical part review and describe the anatomical structure of the knee, kinesiology, biomechanics and development and disease. The practical part aims to describe the examination procedures, therapy implementations and conclusion for the patient in relation to the given diagnose.

Clinical findings: This case study reviews the conditions of a 50 years old patient after a total knee replacement. The patient had limited mobility and restricted joints around the operated side. There right knee has a swelling, change of skin colour, temperature and a scar.

Methods: All the used procedures were based on the literature given thought by the Charles University in Prague, Faculty of Physical Education and Sports.

Result: patient was committed to the therapeutic sessions, the patient case progressed positively with the pain, range of motion and muscle imbalance for the knee joints.

Conclusion: The applied therapies had a positive effective for patient case.

Keywords: Osteoarthritis, Knee joint, Varus deformity, knee pain, Ankle stiffness, knee replacement.