

## **Abstract**

**Title:** A case study of physiotherapeutic care of a patient after wrist arthroplasty.

**Objectives:** The goal of this study was to describe the course of therapy of and to summarize the current knowledge of wrist arthroplasty. The participant of the study was a patient with typical physical ailments after wrist arthroplasty, which we aimed to decrease and compensate using methods of physical therapy.

**Methods:** The thesis is divided into two parts. The general part describes the anatomy and kinesiology of the wrist joint. It also overviews the types and features of wrist endoprotheses, operational approaches, possible complications and therapeutical options. The special part deals with a case study of physiotherapeutic care of a patient after wrist arthroplasty, which consists of an initial and final kinesiological examination, description of individual therapies and assessment of the outcome of therapy.

**Results:** We succeeded in the relaxation of antalgic shoulder position, increasing of range of motion and muscle strenght, stretching of shortened muscles, improving of fine motor skills and partially in correcting the movement stereotype of right arm abduction. We did not succeed in decreasing pins and needles sensation in the second and third finger.

**Conclusion:** The present study accomplished all its goals and proved the effectivity of the physiotherapeutic methods used in the rehabilitation of the pacient after wrist arthroplasty.

**Keywords:** physical therapy, arthroplasty, wrist, rehabilitation