

Abstract

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Title: Case Study of Physiotherapy Care of Patient after arthroscopic surgery of shoulder joint and SLAP suture.

Objectives: The aim of this bachelor thesis was to process patient case histories. Patient was a man 37 years old with SLAP lesion type 2 after arthroscopic surgery a SLAP suture.

General part: General part is focused on anatomy and kinesiology of the shoulder girdle. Emphasis on muscles stabilizing shoulder joint and muscles of shoulder blade and their function in relationship to SLAP lesions. Given are etiology, classification, diagnostic methods, surgery methods, postoperative rehabilitation.

Special part: This part is a case report of a patient after arthroscopy operation and SLAP suture. It was developed on the basis of therapeutic units, which were conducted at Inpatient rehabilitation ward from 22.1.2020 to 3.2.2020.

Results: During the therapeutic units the reflexive changes have been influenced. Their form was mainly local hypertonus, joint blockage located in the areas of shoulder blades, shoulders, neck and spine. The movement pattern of shoulder abduction has been improved. The range of motion of internal rotation in the left shoulder has been increased. The mobility of the spine has also been increased.

Key words: Case study, shoulder joint, physiotherapy, SLAP lesion