

Abstract:

Title: Case study of physiotherapy treatment of a patient with distal fracture of tibia and fibula of right ankle

Goal: The goal of this thesis is to point out the importance of the physiotherapy rehabilitation after a fracture. The patient I chose is a man of 31 years old with a comminuted fracture of distal tibia and fibula of the right leg after a motorcycle accident. I am going to focus on the anatomical structure of the ankle joint. In order to treat the patient, it is imperative to have a basic anatomical knowledge of the structure in question.

Methods: In the first part, I am going to explain the anatomy and pathologies of the ankle joint. In the second part I am going to focus on the part of the physiotherapist and the assessment plan (initial kinesiology examination and examination conclusion). And then I will lay out my therapy proposal for the short term and long term plan. In the therapy proposal, the different treatment methods and techniques are included. At the end of each session, an evaluation assessment is made in order to quantify the progress. Finally, after the last session (11th), I am doing the final kinesiological examination. And finally I conclude with comparing the initial from the final kinesiological examination.

Result: After daily sessions for 11 days, using different techniques of physiotherapy and modalities for the ankle joint, the patient showed improvement in swelling (reduced) , muscle strength increased ,balance improved and gait improved .The patient was feeling much better and could see the clear difference.

Conclusion: The therapies performed during the work placement show generally the physiotherapy rehabilitation was very effective on my patient.

Keywords: fracture, distal, tibia and fibula, ankle joint, physiotherapy rehabilitation for fracture, ankle fracture.

