

## **Abstract**

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**Title:** The case study of the physiotherapeutic care of a patient with total endoprosthesis of a knee joint

**Objectives:** The main objective of this thesis is to summarize the theoretical knowledge on the issue of total knee replacements and the elaboration of a case report of a patient who underwent joint implantation.

**Methods:** This thesis consists of a general and a special part. The general part deals with the anatomy and kinesiology of the knee joint, osteoarthritis, its causes, diagnostics, epidemiology and treatment. Furthermore, implantation of joint replacements as one of the methods used in the treatment of osteoarthritis and physiotherapy methods used in the rehabilitation of these patients. The special part takes the form of a case report, contains anamnesis, initial kinesiological examination, description of therapeutic units and final kinesiological examination. The therapies used soft tissue techniques according to Lewit, mobilization according to Lewit, postisometric relaxation according to Lewit, sensorimotor stimulation according to Janda and Vávrová, exercises according to the muscle test and proprioceptive neuromuscular facilitation according to Kabat

**Results:** The patient's condition has improved after the therapies, an accurate comparison of the patient's condition before and after the therapies is provided in the chapter on *evaluating the effect of the therapy*.

**Keywords:** knee joint, total endoprosthesis, osteoarthritis, case report, physiotherapy