

ABSTRACT

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Title: Case Study of Physiotherapy Treatment of a Patient Diagnosed with Distal Radius Fracture

Objectives: The aim of this Bachelor thesis is to introduce the problematics of fractures in the area of distal radius, the possibilities of treatment and rehabilitation and the possible difficulties associated with these fractures. The practical part concerns case report of the patient diagnosed with distal radius fracture.

Methods: The theoretical part of the bachelor's thesis deals with basic knowledge of forearm and hand anatomy, kinesiology of the upper limb, types of distal radius fractures and their treatment. A special part of the bachelor's thesis consists of a case report of physiotherapeutic care for a patient diagnosed with a distal radius fracture. The elaboration of the case study was made during continuous professional practice in CLPA in Prague 9 - Vysočany in the period from 11 January 2021 to 5 February 2021 under the expert guidance of PhDr. El Aliho Zahera

Results: During the therapies, the patient's condition gradually improved. There was a significant improvement in the mobility of the left wrist, a reduction in pain and a strengthening of the weakened muscles of the left upper limb. Furthermore, the joint play on the left upper limb was restored, the shortened muscles were stretched and the tone in the hypertonic muscles was relaxed.

Keywords: physiotherapy, rehabilitation, fracture, arm, forearm

