

# Abstract

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**Title:**Physiotherapeutic treatment of a patient after distal radius fracture: a case study

**Objectives:** The objective of the theoretical part is to summarize general theoretical background regarding distal radius fractures (DRF), objective of the special part is to present a case study describing physiotherapeutic treatment of a patient after DRF.

**Methods:** This thesis is divided into two parts. In the first, theoretical part, general principles of DRF are described, including anatomic and kinesiological relationships, etiology and epidemiology of fractures and their respective classifications, commonly used diagnostic methods and therapeutic possibilities. Second, special part is a case study of a patient after DRF. It includes initial and final examination, description of all therapeutical units and final evaluation of its therapeutical effect.

**Results:** Patient's condition improved, with significant reduction of pain and swelling. There was notable improvement in range of motion and also positive influence on associated soft tissue changes and muscle imbalances of injured arm. Results were both noted subjectively by the patient and measured objectively through examination.

**Conclusion:** Objectives of this thesis were met.

**Keywords:** Fracture, distal radius, DRF, trauma, injury, hand, forearm, therapy, physiotherapy, case study