

Title of thesis: Rehabilitation and Sports following preparation after arthroscopic LCA reconstruction surgery by active athletes.

Objective: The aim of this work is based on the latest pomatků medicine, physiotherapy and sports training to describe the structure of rehabilitation and training of athletes after arthroscopic Assisted operations of the anterior cruciate ligament of the knee kloubu.a compiled on the basis these pomatků methodology, covering the process from the initiation of outpatient rehabilitation after transition

a full athletic performance. This methodology will be demonstrated on the selection of exercises using photodocumentation.

Method: Evaluation or evaluation of the effectiveness of the ongoing rehabilitation program in rehabilitative care after anterior cruciate ligament reconstruction.

Results: The results demonstrated a positive contribution to the rehabilitation and subsequent sports preparation for active athletes and due to the relatively low number of probands included in proposed program of 150 patients after knee traumas, who in a given period attended rehabilitation, were excluded from the research 88 because of early termination treatment .. The research was after all conditions are met situated 62 atheletes růmých disciplines. For these probands showed the positive effects of the program in monitored parameters: pain, swelling, mobility, stability of the operated joint stabilization functions, coordination abilities ..

Keywords: ACL reconstruction, therapeutic procedures, secured postural activity, stabilization, methodology exercise, return to sporting activities