

## **Abstract**

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**Title:** A case study of physiotherapeutic care of a patient with total knee replacement

**Objectives:** The aim of the theoretical part of the thesis is to introduce the problematics of total knee replacement based on literature research. The objective of the practical part is to introduce a case report of a patient after total knee replacement.

**Methods:** The thesis is divided into two parts – theoretical and special (practical). The theoretical part provides basic knowledge of anatomy and kinesiology of the knee joint, gonarthrosis, total knee replacement and the subsequent rehabilitation care. The special part contains a case study of a patient after total knee replacement. The study was executed during continuous professional practice in CLPA s.r.o. The special part consists of the kinesiological analysis, the proposition of the short-time and long-time therapy, the description of individual therapeutic units and the outcome of the kinesiological analysis and evaluation of the effect of the therapy.

**Results:** The patient has completed 8 therapeutic units during which there was an observable improvement in the range of motion of the left knee, strengthening of the weakened muscles and reduction of the joint swelling and pain. Furthermore, joint play was restored on the left leg, the shortened muscles were stretched, and the hypertonic muscles were relaxed.

**Keywords:** knee joint, total knee replacement, alloplasty, gonarthrosis, physiotherapy, rehabilitation