

Abstract

Title: Case Study of Physiotherapy Treatment of a Patient after II.-V. Metatarsal Fracture

Aim: The aim of the theoretical part of this bachelor thesis is to summarize theoretical knowledge about foot fractures. The aim of the practical part is to process the patient's case report after the II.-V. metatarsal fracture.

Method: The bachelor thesis consists of two parts – theoretical and practical. The theoretical part includes theoretical knowledge about kinesiology of the foot, traumatology and subsequent rehabilitation care of the foot area. The practical part is devoted to the case report of the patient after the II.-V. metatarsal fracture. It includes the initial kinesiological analysis, a short-term and long-term physiotherapeutic plan, the description of individual therapeutic units, the final kinesiological analysis and the overall evaluation of the effect of the conducted therapy. The case report was prepared within the framework of continuous professional practice in CLPA.

Results: A significant improvement in the patient's health was observed after the eight therapeutic sessions. In particular, there was a reduction in swelling and pain, an increase in range of motion, an increase in muscle strength and also an improvement in the gait and overall stability.

Key words: physiotherapy, case study, fracture, metatarsal bone, lower limb