

Abstract

Title: Case study of physiotherapeutic treatment of a patient after implantation of total hip replacement

Aims: The aim of this thesis is to provide a case study of physiotherapeutic treatment of a patient after implantation of a total hip replacement which had been preceded by hip dysplasia.

Methods: Examination techniques and methods, which are taught at the bachelor's degree level at FTVS UK were used within this case study observed at the Malvazinky Rehabilitation Clinic in Prague. As part of the patient's treatment the medical history was established and an initial kinesiological analysis was performed, based on which the aims of the following therapy were determined. The therapy consisted of soft tissue techniques, joint play mobilization, individual kinesiotherapy and locomotion training. Emphasis was also placed on autotherapy. At the end of the treatment, a final kinesiological analysis was performed after which the effect of the therapy was evaluated.

Results: During the treatment the swelling of the lower left leg and of the surroundings of the surgical wound dissipated. The pain of the operated joint and the left thigh alleviated. The range of motion of the left hip and knee increased. There was an increase in muscle strength of the weakened muscles and the joint play was restored. There was a partial release in the soft tissues (skin, subcutaneous tissue, fascia) on the left leg. There was a partial reduction in the shortening of shortened muscles and there was a partial improvement of her gait with crutches both on a flat surface and on stairs. The patient did not improve her breathing technique.

Keywords: Total hip replacement, coxarthrosis, hip dysplasia, treatment