

## **Abstract**

**Title:** Case study of physiotherapeutic care of a patient with rheumatoid arthritis

**Objectives:** The aim of this thesis is to elaborate case study of physiotherapeutic care of a patient with rheumatoid arthritis and to confirm the effect of chosen physiotherapeutic methods and procedures. Their effectiveness demonstrates the importance of a physiotherapist as part of an interdisciplinary team in comprehensive care.

**Methods:** This thesis was based on a four-week internship at the Institute of Rheumatology in Prague in the period from January 10, 2022 to February 4, 2022 under the professional supervision of Mgr. Gabriela Vincová. The bachelor thesis consists of a general and a special part. The general part is focused on theoretical information about RA – it deals with its epidemiology, etiopathogenesis and clinical signs. Additionally, it includes diagnostics and differential diagnosis, evaluation of disease activity, course and prognosis, therapy and rehabilitation. The special part consists of a case study of physiotherapeutic care, including anamnesis, initial kinesiological assessment, short-term and long-term goals, design and course of therapy, final kinesiological assessment and evaluation of the effect of the therapy.

**Results:** After eight therapies, the final kinesiological assessment was carried out, confirming their positive effect on the clinical condition of the patient with rheumatoid arthritis.

**Keywords:** rheumatoid arthritis, RA, rheumatology, physiotherapy