

Abstract

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

Objectives: The aim of theoretical part of the thesis is a thorough and complete introduction into gonarthrosis. The aim of the practical part of thesis is to present a case study of a female patient with total knee replacement. The patient, who had been diagnosed with gonarthrosis, underwent treatment in a private medical facility MediCentrum Praha. The treatment was followed by post-surgical rehabilitation, consisting of a series of therapeutical procedures whose effect is assessed.

Methods: The present bachelor thesis consists of two parts. The theoretical one provides some basic information about the anatomy and kinesiology of the knee joint. The chapter called Gonarthrosis discusses the condition in detail, as patients with gonarthrosis are the most common candidates for total knee replacement. The chapter also explains pathomechanics, symptoms, occurrence rate and treatment options. Other chapters give an overview of efficient methods and techniques that physiotherapy can offer, following total knee replacement. The special part focuses on the details of physical therapy of the patient after the above-mentioned surgery and assessment of its effectiveness. It is based on the results of preoperative and postoperative evaluation that are also included. The special part was made possible by Medicentrum Praha, a private medical facility, where the author of the thesis was assigned to do her work placement.

Results: Physiotherapy that was put in place improved post-surgery condition of the patient. The patient reported being able to walk with better stability. Physiotherapy resulted in greater power in muscles. Range of motion was also improved. Swelling was reduced. Scar and adjacent soft tissues were released. Function of the joint was restored, and reflex changes in soft tissue were influenced.

Keywords: knee joint, total knee arthroplasty, TKA, osteoarthritis, gonarthrosis, physical therapy