

ABSTRACT OF BACHELOR THESIS

Author: Kamil Bušek

Supervisor: Ing. Eva Kejhová

Title of bachelor thesis: Comparison of physiotherapy approach with other conservative approaches in the treatment of lateral epicondylitis

Abstract:

This bachelor thesis is observing the differences in comparison of the physiotherapy approach with other conservative treatment options for lateral epicondylitis in acute and chronic conditions. The work is processed by the search method and consists of theoretical and special parts.

The theoretical part deals with a description of anatomical structures, kinesiology, biomechanics and examination of the elbow joint as a whole. Other chapters are focused on the problematic of the lateral epicondylitis, which describe the etiology, clinical picture of acute and chronic forms, differential diagnosis, examination and treatment, where the emphasis is mainly on the conservative methods.

The special part of this thesis is written on the basis of the results of literature research with the focus on finding the studies that are comparing a treatment of chronic and acute forms of the lateral epicondylitis. The thesis describes and compares the usuals physiotherapeutic methods such as mobilization, manipulation, eccentric and concentric exercises or kinesioteaping, as well as frequently used physical methods such as shock wave, laser or ultrasound. This comparison also includes a treatment with corticosteroids or newer approaches such as platelet-rich plasma or autologous whole blood.

The aim of this work is to find conservative methods that achieve clinically best results in the treatment of chronic and acute forms of lateral epicondylitis.

Key words: elbow joint, lateral epicondylitis, tennis elbow, conservative treatment, physiotherapy