

# Supplements

## 1. Ethical Board

UNIVERZITA KARLOVA V PRAZE  
FAKULTA TĚLESNÉ VÝCHOVY A SPORTU  
Josef Martího 31, 162 52 Praha 6-Vešelavín

### Application for Approval by UK FTVS Ethics Committee of a research project, thesis, dissertation or seminar work involving human subjects

**The title of a project:** Case study of physiotherapy treatment of a patient after Anterior Cruciate Ligament Reconstruction

**Project form:** Bachelor thesis

**Period of realization of the project:** January 2023 – February 2023

The research will be carried out in accordance with the valid epidemiological measures of the Ministry of Health of the Czech Republic.

**Applicant:** Aryan Irani, UK FTVS Department of Physiotherapy

**Main researcher:** Aryan Irani, UK FTVS Department of Physiotherapy

**Place of work:** Centrum léčby pohybového aparátu (CLPA)

**Co-researcher(s):**

**Supervisor (in case of student's work):** Mgr. Katerina Marsakova

**Financial support:**

**Project description:** The project is a physiotherapy case study of a patient which covers the initial rehabilitation of a patient who had an anterior cruciate ligament reconstruction surgery after rupturing the ligament. The aim of the therapy is to try and restore the function and range of motion in the knee to the best extent within the time frame that I will be working with him. Initially the project will start with a full kinesiological examination to assess his current state. Following this will be the required therapy based on his individual case. The examinations will include assessment of posture, gait, muscle strength, muscle length, mobility of joints and fascia as well as other assessments of muscle function. Based on the examinations, the therapy will include electric gymnastics, sensorimotor training, muscle conditioning, improvement of range of motion, improvement of gait pattern and releasing the soft tissue.

**Characteristics of participants in research:** The participant is a 33 year old male patient who has been assigned to me at CLPA for my Bachelor Thesis. Patients with acute (especially infectious) diseases will not participate in the therapy.

**Ensuring safety within the research:** The therapy I plan to use does not include any invasive methods and the patient will not be put at any risk. The therapy will not have any harmful effect on the patient's health and all therapy done by me will be done in the presence of my supervisor Bc Filip Hulinsky. Risks of therapy and methods will not be higher than the commonly anticipated risks for this type of therapy.

**Ethical aspects of the research:** Data will be collected in line with the rules given by European Union no. 2016/679 and the Czech Act no. 110/2019 Coll. – on personal data processing.

The collected data will be anonymized within one week after the end of working with the patient. I understand that anonymization means that the text does not use any item of information or combination of items that could lead to the identification of a person. I will be careful not to enable recognition of a person in the text of the thesis, especially within the anamnesis. After the text has been anonymized, any personal data still kept elsewhere will be deleted.

All collected data will be safely stored on a PC safeguarded by a keyword in a locked room, any data in paper form will be kept safely under lock and key in a locked room. The data will be processed, safely retained and published in an anonymous way in the bachelor thesis.

**Photographs:** Photographs of the participant will be anonymized within one week after being taken by blurring the face, parts of the body or any characteristics that could lead to identification of the person. After anonymization any non-anonymized photographs will be deleted. The non-anonymized photographs will be accessed only by the main researcher and supervisor.

No audio recordings or video recordings will be taken during the research.

I shall ensure to the maximum extent possible that the research data will not be misused.

**Informed Consent:** attached

It is a duty of all participants of the research team to protect life, health, dignity, integrity, the right to self-determination, privacy and protection of the personal data of all research subjects, and to undertake all possible precautions.

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Responsibility for the protection of all research subjects lies on the researcher(s) and not on the research subjects themselves, even if they gave their consent to participation in the research. All participants of the research team must take into consideration ethical, legal and regulative norms and standards of research involving human subjects applicable not only in the Czech Republic but also internationally.

*I confirm that this project description corresponds to the plan of the project and in case of any change, especially of the methods used in the project, I will inform the UK FTVS Ethics Committee, which may require a re-submission of the application form.*

In Prague, 25.01.2023

Applicant's signature:

### Approval of UK FTVS Ethics Committee

**The Committee: Chair:** Doc. PhDr. Irena Parry Martínková, Ph.D.  
**Members:** Prof. PhDr. Pavel Slepíčka, DrSc. Prof. MUDr. Jan Heller, CSc.  
PhDr. Pavel Hráský, Ph.D. Mgr. Eva Prokešová, Ph.D.  
Mgr. Tomáš Ruda, Ph.D. MUDr. Simona Majorová

The research project was approved by UK FTVS Ethics Committee under the registration number:


Date of approval:

050/2023  
25.1.2023

UK FTVS Ethics Committee reviewed the submitted research project and **found no contradictions** with valid principles, regulations and international guidelines for carrying out research involving human subjects.

**The applicant has met the necessary requirements for receiving approval of UK FTVS Ethics Committee.**

UNIVERZITA KARLOVA  
Fakulta tělesné výchovy a sportu  
Josef Martího 31, 162 52, Praha 6  
Stamp of UK FTVS  
- 20 -

  
Signature of the Chair of  
UK FTVS Ethics Committee

## 2. INFORMOVANÝ SOUHLAS

Vážená paní, vážený pane,

v souladu se Všeobecnou deklarací lidských práv, zákonem č. 101/2000 Sb., o ochraně osobních údajů a o změně některých zákonů, ve znění pozdějších předpisů, Helsinskou deklarací, přijatou 18. Světovým zdravotnickým shromážděním v roce 1964 ve znění pozdějších změn (Fortaleza, Brazílie, 2013) a dalšími obecně závaznými právními předpisy Vás žádám o souhlas s prezentováním a uveřejněním výsledků vyšetření a průběhu terapie prováděné v rámci praxe na<sup>1</sup> ....., kde Vás příslušně kvalifikovaná osoba seznámila s Vaším vyšetřením a následnou terapií. Výsledky Vašeho vyšetření a průběh Vaší terapie bude publikován v rámci bakalářské práce na UK FTVS, s názvem<sup>2</sup> .....

Získané údaje, fotodokumentace, průběh a výsledky terapie budou uveřejněny v bakalářské práci v anonymizované podobě. Osobní data nebudou uvedena a budou uchována v anonymní podobě. V maximální možné míře zabezpečím, aby získaná data nebyla zneužita.

Jméno a příjmení řešitele .....

Podpis:.....

Jméno a příjmení osoby, která provedla poučení<sup>3</sup>.....

Podpis:.....

Prohlašuji a svým níže uvedeným vlastnoručním podpisem potvrzuji, že dobrovolně souhlasím s prezentováním a uveřejněním výsledků vyšetření a průběhu terapie ve výše uvedené bakalářské práci, a že mi osoba, která provedla poučení, osobně vše podrobně vysvětlila, a že jsem měl(a) možnost si řádně a v dostatečném čase zvážit všechny relevantní informace, zeptat se na vše podstatné a že jsem dostal(a) jasné a srozumitelné odpovědi na své dotazy. Byl(a) jsem poučen(a) o právu odmítnout prezentování a uveřejnění výsledků

vyšetření a průběhu terapie v bakalářské práci nebo svůj souhlas kdykoli odvolat bez represí,  
a to písemně zasláním Etické komisi UK FTVS, která bude následně informovat řešitele.

Místo, datum .....

Jméno a příjmení pacienta ..... Podpis pacienta:

.....

Jméno a příjmení zákonného zástupce<sup>4</sup> .....

Vztah zákonného zástupce k pacientovi ..... Podpis: .....

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## **5. List of abbreviations**

ACL – Anterior Cruciate Ligament

PCL – Posterior Cruciate Ligament

CPM – Continuous Passive Movement

PIR – Post Isometric Relaxation

TRX – Total body Resistance Exercise

CLPA - Centrum Léčby Pohybového Aparátu