

## **Bibliografický záznam**

KUČEROVÁ, Veronika. Medial tibial stress syndrome in runners and treatment of syndrome. Prague: Charles University, 2<sup>nd</sup> Faculty of Medicine, Department of Rehabilitation and Sports Medicine, 2023. Supervisor of work: Mgr. et. Bc. Kateřina Levínská.

## **Abstract**

The topic of this bachelor thesis is medial tibial stress syndrome (MTSS) in runners and its treatment. The thesis consists of a theoretical and a practical part with case studies and a questionnaire.

In the theoretical part, the existing knowledge about MTSS is summarized. The practical part is divided into two sections. The first section presents the results of the questionnaire survey, verifying the correlation of the data from the literature review in the theoretical part with a real population sample. The second section contains the case reports of the patients themselves and the treatment proposal.

The case report development involved a detailed initial examination, a follow-up therapy, and an exit examination. As part of the initial examination, an anamnesis was taken and a thorough kinesiological analysis was performed. The kinesiological analysis included an aspect examination, measurements of anthropometry, goniometry, navicular drop, weight distribution on the lower limbs, and special examinations such as the Trendelenburg test, test hoblíku, the Adams test, or the spine sign.

Based on the initial examination, the probable reason for the occurrence of difficulties was determined, and the therapy targeted precisely at the possible risk factor. In the course of approximately one month, a follow-up examination and an exit examination were performed to verify the effect of the therapy.

In our thesis we proved correlation of literature with a real population sample of 167 patients. In the case reports, we use the theoretical base and on its background we made examination and follow-up therapy. Therapy had very positive impact to patients so we can approve effect of individual physiotherapy in this issue.

## **Keywords**

Medial tibial stress syndrome, run, running injuries, overload injury, shin splints, navicular drop, risk factors