

## **Abstract**

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**Title:** Case study of physiotherapeutic care of a patient after stabilization of the acromioclavicular joint.

**Objectives:** The aim of this thesis is to present a case study of physiotherapeutic care of a patient after stabilization of acromioclavicular joint, to provide a theoretical introduction to the issue and to prove the effect of selected physiotherapeutic methods and procedures in practice.

**Methods:** This thesis was prepared during a continuous professional practice at the clinic of the Centre for Treatment of the Musculoskeletal System in the period from 9. 1. 2023 to 3. 2. 2023. The case report of physiotherapy care of the patient consists of a medical history, initial kinesiological examination, on the basis of which a short-term and long-term therapeutic plan was determined. Nine therapeutic units were performed, ending with an exit kinesiological examination and an assessment of the effect of therapy.

**Results:** During nine therapies, the patient's physical condition improved. The improvements were mainly in range of motion in the shoulder joint, increased muscle strength, and improved movement patterns and activities of daily living.

**Conclusion:** The above bachelor's thesis demonstrates that effective physiotherapy can return a patient after stabilization of the acromioclavicular joint to an active life without pain, with maximal muscle strength necessary for ADL and significant motivation for further therapy leading to a return to sports life.

**Keywords:** acromioclavicular joint, injury, physiotherapy, treatment