

Abstract

Title:

A case study focusing on the physiotherapeutic treatment of a patient with comminuted fracture of the distal part of the femur.

Objectives:

The aim of the theoretical part of the thesis was to find and elaborate theoretical information related to the above diagnosis including anatomy, fracture diagnosis, traumatology and treatment methods. The aim of the practical part of the thesis was to elaborate a case report of a patient with the above diagnosis including the design of therapy and to put the design of therapy into practice and then to evaluate the effectiveness of therapy in this particular patient.

Methods:

This bachelor thesis is divided into two parts. The first part is theoretical, in which the theoretical knowledge related to the above diagnosis is included, concerning anatomy, traumatology and diagnostic and therapeutic options.

The second part is the practical part, which was prepared on the basis of the professional practice in the Faculty Thomayer Hospital, in the period from 22.1. to 16.2.2024. It deals with a case report of physiotherapeutic care of a patient with a fracture of the distal part of the femur, including the initial kinesiological analysis, the therapeutic plan, the performed therapies, the output of kinesiological analysis and the evaluation of the effect of therapy.

Results:

The patient's condition significantly improved after completing the rehabilitation program. We succeeded in increasing the range of motion of the lower limb, strengthening weakened muscles, improving the condition of soft tissues on the lateral side of the thigh and around the scar. We reduced swelling and alleviated pain.

Keywords:

fracture, femur, physiotherapy, injury, rehabilitation, quadriceps femoris,