

Abstract

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Title: Physiotherapy care of a patient after total hip arthroplasty

Aims: The aim of this thesis is to elaborate basic data concerning total hip arthroplasty followed by a case report of a patient after this procedure. Another aim was to evaluate the physiotherapeutic interventions presented in this case report in terms of their effectiveness.

Methods: The general part contains information about anatomy, kinesiology, biomechanics and management of osteoarthritis of the hip joint. This is followed by a case report on physiotherapy care of the patient, which includes the initial and output kinesiological analysis, therapy design and therapeutic unit. Finally, an evaluation of the therapy and its results is presented. The concurrent professional practice, during which this work was prepared, took place in the period from 22 January to 16 February 2024 in the facility Poliklinika AGEL Italská. A total of 8 therapeutic units, each lasting 30 minutes, were conducted with the patient.

Results: In the general part I have elaborated the theoretical knowledge about the diagnosis of total hip arthroplasty. In the special part I have developed a complete case report of a patient with this diagnosis. The effect of the therapy in the conclusion can be evaluated as positive, as the gait stereotype, muscle strength and range in the hip joint were improved.

Conclusion: Although the effectiveness of some of the methods used is inconsistent with clinical studies, the outcome of the physiotherapy care of the patient was positive.

Keywords: hip joint, osteoarthritis, total hip arthroplasty, physiotherapy, case report