

Abstract

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Title: Case study of physiotherapeutic treatment of a patient with a pertrochanteric fracture of the femur

Objectives: The aim of this bachelor's thesis is to search for and summarize the theoretical knowledge related to pertrochanteric femur fractures and to develop a case study describing the physiotherapeutic procedures used in the rehabilitation of a patient suffering from this diagnosis.

Methods: In the theoretical part, data collection from scientific literature concerning pertrochanteric femur fractures, their treatment, and patient care is utilized. Subsequently, the various physiotherapeutic methods applied in therapy with the patient are described. A special section focuses on managing therapeutic sessions with the patient after a pertrochanteric femur fracture, including initial and final examinations and evaluating the therapy's effect. The case study was developed based on continuous professional practice at the Léčebné a rehabilitační středisko Chvaly from January 8 to February 2, 2024.

Results: Physiotherapeutic care led to a significant improvement in the patient's condition, particularly in muscle strength, joint range, joint mobility, and the occurrence of reflex changes. During the therapeutic sessions, there was a gradual reduction in the sensation of pain until it completely disappeared.

Conclusion: The predetermined objectives were achieved. The chosen physiotherapeutic methods can be seen as positive for the patient's health condition.

Keywords: pertrochanteric fracture, proximal femur, osteosynthesis, case study, physiotherapy, rehabilitation