

Abstract

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Title: Case Study of Physiotherapeutic Care for a Patient Diagnosed with Ischemic Stroke

Objectives: The aim of this bachelor thesis was to summarize theoretical knowledge about ischemic stroke and to develop a case study of a patient after an ischemic stroke.

Methods: The thesis is divided into a general and practical part. In the general part, the thesis focus on describing the theoretical background of this diagnosis using professional literature. The practical part presents a case study of a patient with whom I had the opportunity to collaborate during a continuous professional practice at the Rehabilitation Inpatient Department at Na Homolce Hospital in Prague from January 30 to February 9, 2024. The case study includes patient examination, proposed therapy based on initial values, daily therapy records, and evaluation of the subsequent therapy effect.

Results: During several therapeutic sessions, most of the short-term physiotherapeutic plan goals were achieved, including preventing the development of spasticity, preventing muscle shortening, maintaining joint ranges of motion, improving the active mobility of the left extremities, improving the sitting and walking stereotype, and increasing independence in daily activities.

Conclusion: The majority of the goals set for the short-term physiotherapeutic plan, considering the patient's objectives, were successfully achieved. The greatest benefit of the therapy for the patient is seen in the improvement of gait parameters and progress towards full independence in activities of daily living.

Keywords: stroke, ischemia, physiotherapy, rehabilitation care

