

## **Abstract**

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**Title:** Case study of physiotherapeutic care of patient with rheumatoid arthritis

**Objectives:** The goal of the thesis is to summarize theoretical and methodological basis of rheumatoid arthritis and to describe their use in the rehabilitation of a patient with this diagnosis. Another aim was to demonstrate the effect of selected physiotherapeutic methods and procedures in practice, to compare them with new trends in the field of rheumatology and to describe the possibilities of influencing the functional state of the patient.

**Methods:** The thesis was prepared on the basis of continuous professional practice at the Revmatologický ústav in Prague, from 22. 1. to 16. 2. 2024 under the expert guidance of Mgr. Iva Zinková. The thesis is divided into two main sections, a general and a special one. The general section contains an overview of theoretical description of rheumatoid arthritis and the special part consists of a detailed case report of a patient with rheumatoid arthritis. The theoretical part contains the definition, characteristics, etiology, etiopathogenesis, incidence, clinical picture and classification of the disease. Furthermore, clinical and objectification examinations and treatment and care options for patients with this diagnosis are described. The special part consists of anamnesis, initial kinesiological analysis, short-term and long-term physiotherapeutic plan, the course of therapy, kinesiology exit examination and evaluation of the effect of therapy.

**Results:** The result of 8 therapeutic units was an improvement in health condition demonstrable by the exit kinesiological examination.

**Keywords:** rheumatoid arthritis, rheumatology, physiotherapy, case study