ABSTRACT

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Title: Case Study of Physiotherapeutic Treatment of a Patient with the Diagnosis of Stroke

Objectives: The aim of this bachelor's thesis is to collect and analyze theoretical knowledge about stroke and it's treatment within the field of physiotherapy, and to subsequently develop a case study of a patient with this diagnosis, focusing on the course of rehabilitation.

Methods: The thesis is divided into theoretical and practical part. The theoretical part provides a comprehensive overview of the brain's vascular supply, epidemiology, and risk factors of stroke. It further describes diagnostic and therapeutic options, including the approach to rehabilitation of patients after stroke. A significant portion is dedicated to specific rehabilitation methods used in the therapy of these patients.

The practical part of the thesis is based on a case study of a patient after an ischemic stroke with left-sided symptomatology. It includes a detailed kinesiological assessment, the creation of an individualized rehabilitation plan, a description of therapy and an evaluation of its effect. Data was collected during clinical practice at the Nemocnice Milosrdných sester sv. Karla Boromejského in Prague, from January 6 to January 22, 2025.

The objective of this work is not only to describe the possibilities of physiotherapy for patients after stroke, but also to analyze the effect of rehabilitation in a specific patient and highlight the importance of early and comprehensive therapy in the recovery process.

Results: The patient's health condition improved during the therapy. The most significant progress was the positive impact on stability in standing and walking, as well as improvement in the patient's overall independence.

Conclusion: The rehabilitation had a positive effect, contributing to significant improvements in stability during standing and walking, walking speed, and step mechanism.

Keywords: Stroke, ischemic stroke, spasticity, hemiparesis, rehabilitation, physiotherapy