

## **ABSTRACT**

**Author:** Viola Dlouhá

**Supervisor:** Mgr. Milan Martínek, Ph.D.

**Title:** A Case Study of Physiotherapeutic Care for a Patient After Total Arthroplasty of the Left Hip Joint

**Objectives:** The aim of this bachelor's thesis is to address the issues of total hip arthroplasty and ankylosing spondylitis through a case study of a specific patient, while also providing a theoretical overview of the topic.

**Methods:** The case study was developed as part of an internship at the Thomayer University Hospital in Prague during the third year of the bachelor's program in physiotherapy at the Faculty of Physical Education and Sports, Charles University. The initial phase involved collecting a detailed patient history and conducting a kinesiological assessment. Subsequently, nine therapeutic sessions were conducted, followed by an exit examination, which was performed to the same extent as the initial assessment. The results of both examinations were compared to evaluate the effectiveness of the selected therapy. The theoretical part of the thesis complements the case study with academic insights related to the topic. All therapeutic approaches and methodologies used are based on knowledge acquired during the study and from scientific literature.

**Results:** Based on the comparison of the initial and final examinations, it can be concluded that the therapeutic plan's objectives were achieved. The patient showed improvement in walking patterns, increased range of motion in the hip and knee joints, reduced swelling, improved muscle strength in weakened muscles, and the resolution of some reflex changes.

## **KEYWORDS**

Total hip arthroplasty, hip joint, osteoarthritis, ankylosing spondylitis, physiotherapy, postoperative care, case study