

Abstract

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Title: Case Report of Physiotherapeutic Care after Shoulder Joint Dislocation

Objectives: The aim of this thesis was to present a case report of physiotherapeutic care after shoulder joint dislocation. The secondary aim was to formulate the theoretical background of the problem and to describe the subsequent physiotherapy intervention using modern evidence-based sources.

Methods: The thesis consists of two main parts. The first is the theoretical part, which provides the theoretical basis of the diagnosis of shoulder joint dislocation. It includes specific anatomy of the glenohumeral joint, functional anatomy of the shoulder, shoulder kinesiology, and information on the most common shoulder traumas. This is followed by detailed characteristics of shoulder dislocation, its conservative and surgical treatment options, and physiotherapeutic interventions. A special section consists of a case report of physiotherapeutic care of a patient after a shoulder dislocation, including anamnesis, initial kinesiological examination, description of the therapy sessions, final kinesiological analysis, and evaluation of the therapy outcomes. The case study was conducted at the facility of Centrum léčby pohybového aparátu and involved an outpatient who attended therapy sessions between January 6 and January 31, 2025.

Results: During the therapy sessions the patient's subjective and objective conditions improved. After therapy, there was an increase in the range of motion of the shoulder and muscle strength compared to the initial examination.

Conclusion: This thesis met the stated objectives. Although the most effective therapeutic intervention was not identified, the chosen therapeutic approach resulted in an improvement in the patient's condition.

Keywords: shoulder joint, dislocation, case report, physiotherapy