

Abstract

Author: Marek Kopic

Supervisor: PhDr. Lenka Žáková, PhD.

Title: Case Study of Physiotherapeutic Care for a Patient after Anterior Cruciate Ligament Reconstruction of the Knee Joint

Objective: The theoretical part of this bachelor's thesis focuses on a comprehensive overview of anterior cruciate ligament (ACL) injuries of the knee joint. It provides a detailed analysis of the causes of these injuries, various treatment approaches, and modern physiotherapeutic methods used in rehabilitation following surgical reconstruction of the ligament. The practical part consists of a case study of a patient with this diagnosis, aiming to analyze and compare the initial and final kinesiological assessment as an indicator of therapy effectiveness.

Methods: The theoretical part of the thesis was developed based on available literature, primarily recently published academic articles related to the topic. The sources used are listed in the bibliography and cited according to the APA 7 citation standard. The practical part is based on professional clinical practice, which took place from January 6 to January 31, 2025, at the Center for Musculoskeletal Treatment s.r.o. under the professional supervision of Mgr. Pavlína Těšitelová.

Results: The theoretical part meets the stated objectives, providing an overview of the issue, treatment options, and a comparison of rehabilitation methods used for this diagnosis based on current scientific literature. The therapy described in the practical part of the thesis was successful, as most short-term goals were achieved, and the patient was adequately educated about self-therapy, which is essential for achieving long-term therapeutic goals.

Conclusion: Working on this bachelor's thesis was an interesting experience that allowed me to deepen my knowledge not only of the studied diagnosis but also of various rehabilitation approaches. The positive outcome of the therapy was influenced by several factors, primarily the patient's active cooperation, the systematic guidance of the therapy, and the appropriately selected physiotherapeutic methods.

Keywords: Physiotherapy, knee joint, anterior cruciate ligament, ACL reconstruction, case study