

ABSTRACT

Title: Case study of physiotherapeutic care following surgery: Rotator cuff suture

Objective: Assessment of the effect of physiotherapeutic rehabilitation of the patient using physiotherapy methods, followed by evaluation of the therapy's effectiveness.

Methods: This work was conducted as part of a long-term internship at the Centrum léčby pohybového aparátu in Vysočany, Prague. The patient underwent a total of 10 rehabilitation sessions, each lasting 30 minutes. The therapeutic plan was designed to progressively meet predetermined rehabilitation goals. The effect of the therapy was assessed by comparing the results of the initial and final physiotherapeutic assessments. The theoretical part of the work was prepared in the form of a literature review.

Results: The patient showed overall functional improvement; however, the range of motion in the shoulder joint remained partially limited after the completion of therapy. All monitored parameters showed a positive trend, although full functional recovery was not achieved.

Conclusion: The chosen rehabilitation plan had a positive effect on the patient's condition. It is likely that combining the therapy with suitable physical modalities could have led to even better results. At the end of the therapy, the patient still presented with insufficient range of motion and reduced muscle strength.

Keywords: rotator cuff, suture, rehabilitation, physiotherapy

