

## **Abstract**

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**Title:** Case study of physiotherapeutic care of a patient after breast quadrantectomy

**Objectives:** The aim of this bachelor's thesis was to provide a theoretical summary of knowledge regarding breast cancer and subsequently apply the acquired information in physiotherapy sessions while developing a case study of a patient after treatment for this diagnosis.

**Methods:** The thesis is divided into two parts. The theoretical part contains general professional information about the diagnosis, secondary edema, treatment options, and appropriate physiotherapy approaches. The practical part presents a case study of a patient with whom I had the opportunity to work during my continuous professional practice at the Regional Hospital in Kladno from January 6 to January 31, 2025. The case study includes an initial examination, a proposed rehabilitation plan, records of individual therapy sessions, and a final evaluation assessing the effectiveness of the therapy.

**Results:** The physiotherapy intervention yielded positive results. The patient experienced an improvement in the range of motion of the affected upper extremity and a reduction in functional limitations during daily activities.

**Conclusion:** The bachelor's thesis provides a description of theoretical knowledge regarding breast cancer in women, based on the principles of evidence-based medicine. Furthermore, it includes a case study of physiotherapeutic care for a patient who underwent treatment for this diagnosis and continues to cope with its long-term consequences. The objectives of the thesis were successfully achieved.

**Keywords:** breast cancer, secondary lymphedema, physiotherapy