

Abstract

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Title: Case study of physiotherapeutic care for a patient after total hip replacement

Objectives: The aim of the theoretical part is to summarize current knowledge on the issue of total hip replacements. The practical part focuses on presenting a case study of physiotherapeutic care for a patient after total hip replacement surgery and evaluating the effect of the therapy.

Methods: The bachelor thesis is divided into two main parts. The first part is theoretical and includes information on the anatomy, kinesiology, and biomechanics of the hip joint. It also focuses on the surgical procedure of hip replacement, including different types of prostheses and surgical approaches. The final section of the theoretical part presents rehabilitation procedures following this type of surgery.

The practical part analyses a specific case of a female patient after total hip replacement surgery. It includes an initial kinesiological examination, a description of individual therapy sessions, a final kinesiological examination, and an evaluation of the therapy outcome.

Results: After nearly two weeks of rehabilitation, the patient showed improvement primarily in the range of motion and muscle strength of the operated hip joint. Further improvements were also observed in the flexibility of shortened muscles in the operated limb and in gait pattern. The therapies had both a positive subjective and objective effect.

Conclusion: During the nearly two-week physiotherapeutic cooperation with the patient, which included a total of eight therapy sessions, there was a positive influence on her postoperative condition in terms of the function of the operated lower limb.

Key words: total hip replacement, hip joint, case study, physiotherapy, THA