

Abstract

Rehabilitation of a Total Achilles Tendon Rupture

Rehabilitace Uplného Přetržení Achillovy Šlachy

This Bachelor Thesis encompasses a selected patient with an orthopaedic injury and investigates aspects in relation to the diagnosis at hand. There is extensive research covering the anatomy of the Achilles tendon and foot, biomechanics, weight bearing, pathological foot types, clinical presentation of , diagnostics, treatment, and rehabilitation of an Achilles tendon rupture, as well the technique of PNF.

Examination and therapy was conducted on an adult male at Centrum léčby pohybového aparátu (CLPA), an orthopaedic and sport traumatology rehabilitation center in Prague, following a total Achilles tendon rupture that occurred during a soccer game. Rehabilitation took place two and a half months after surgical repair of the tendon, under my practice and the supervision of PhDr. Edwin Mahr PhD from 04.01.2010 to 19.01.2010. An additional check up therapy of PNF occurred on 02.02.2010. Therapy was focussed on reducing pain and improving the overall functional capability and stability of the patient.

Key Words: Achilles tendon, Achilles Tendon Rupture, Pes Valgus, Pes Planus, Proprioceptive Neuromuscular Facilitation