

Name of bachelor`s thesis: Case Study of physiotherapy treatment of a patient with the diagnosis of status post osteosynthesis of lateral ankle

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Objective: The aim of this study was to give comprehensive information on the basic form of ankle fractures, their treatment options and develop a case of a patient with this diagnosis.

Method: The work is a form of retrieval processing of the issue of external ankle fractures, and is divided into general and special.

The general part is divided into various sections and subsections that describe the basic anatomical knowledge of the lower leg, ankle and foot. Is outlined here ankle kinesiology and basic biomechanical aspects. Another part of the general part deals with the classification of fractures, their complications and surgical solutions and specifically fractures of the external ankle, possibilities of their treatment and rehabilitation.

A special section deals with the case report patient after internal fixation of the external ankle fractures, respectively rehabilitation process during the 4-week work experience in Centrum léčby pohybového aparátu in Vysočany. Contains the patient anamnestic data, differential balance sheet, the entrance examinations, suggested the short-term and long-term treatment plan, schedule of therapeutic units, final examination and evaluation of the effect of therapy.

Results: Applied therapy demonstrated objectively and subjectively improved the condition of the patient and meet the targets.

Key words: ankle fracture, rehabilitation