

Abstract

Title: Rehabilitation after Anterior Cruciate Ligament (ACL) Reconstruction

Nazev: Kazuistika fyzioterapeuticke pece o pacienta s plastikou predniho zkrizeneho

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Aim: In this thesis, a therapeutic approach of ACL Reconstruction due to tendon rupture will be described and a complete therapeutic record of a patient after ACL Reconstruction is demonstrated.

Methods: The rehabilitation included 6 days of therapy. The main points of the state of the patient were light pain while walking, muscle weakness and incoordination, joint play restrictions and restriction of ROM of joints on the lower extremities. The first and last sessions with the patient included the Kinesiologic evaluation. Therapy and the methods which were used included joint play, strengthening exercises without and with the use of tools (like over-ball, Theraband, various balance boards, Posturomed platform, stationary bicycle, Stairmaster, soft pads), Isometric and Isotonic exercises, Post Isometric Relaxation (PIR), Proprioceptive Neuromuscular Fascilitation (PNF) techniques and Sensorimotor training.

Results: After 6 therapeutic units with the patient, she was able to walk with increased confidence and pain free at the knee joint. Mobilization of the restricted joint movements was successful and released the restrictions. The range of motion increased and the muscles on the operated leg also improved in strength and length. Muscle coordination and awareness of the body and lower limb positioning improved, resulting in better stability and minimizing the risk of future trauma of the same origin.

Key words: ACL Reconstruction, physiotherapy, proprioception, sensorimotor training.