

Abstract

Title:

A Case Study of Physiotherapy Treatment of Closed Patella Fracture

Thesis Aim:

This thesis involves a case study on physiotherapeutic approach to a 35 year old male with closed patella fracture, 8 weeks after incident. This case study was conducted in the month of January of 2012 at Ústřední Vojenská Nemocnice under the supervision of physiotherapist Martina Puchmertlova. Materials used during this study include treatment table, measurement tape, neurological hammer, goniometer, overball, various sized pillows, and balance boards of different shape. The theoretical part aims to explain anatomical structure, biomechanics, kinesiology and etiology of this type of fractures. While the practical part refers to the case study; the examinations used and the effectiveness of the therapy with the approaches used.

Methods:

The therapy started with initial kinesiological examination. Along with the therapeutic methods taught at the Faculty of Physical Education and Sport, the chosen procedures included: post isometric relaxation and stretching by Lewit, soft tissues techniques by Lewit, sensomotoric training and mobilization by Lewit. Lastly final kinesiological examination was conducted. To enhance the effects of the therapy, the patient has been in addition required to perform home therapies as instructed during the sessions.

Results:

The therapies used have shown to be very successful concerning the patients diagnosis.