

## **Abstract**

### Case Study

Treatment of a patient diagnosed with inversion sprain of left ankle.

My practice was performed at the C.L.P.A. (Centrum Léčby Pohybového Aparátu). Physiotherapy program started on Tuesday 9th of January 2012 and ended on Monday 20th of January 2012.

My Bachelor Thesis is divided in two parts.

- 1) Theoretical part
- 2) Practical part

In the theoretical part I analyse everything concerning the ankle joint, muscles, joints, bones, ligaments, nerves, arteries, veins and industrially.

In the practical part I analyse every procedure we have done with my patient, all the tests, examinations, conclusions, therapies and results.

### Summary

Patient came to Physiotherapy Centre and started therapies on Tuesday 10th of January 2012. Doctor recommended the patient should have 6 sessions.

Goal of the therapy was to decrease the pain that he sustains on the left ankle area in a scale from 1(min) to 10 (max) that was 4/10, decrease swelling, increase ROM that was decreased, increase mobility and elasticity of skin and also improve strength and length of the injured left ankle joint according the examinations that I provide to the practical part.

Finally in the last session of my patient, if we compare it with the first one it was obvious that L.M. made a big and very important improvement. Pain was decreased to 1/10, swelling was fully retreat, ROM was fully recovered as also the mobility and elasticity of skin. Also the results of the final examinations show that strength and length of the injured left ankle joint had a very good improvement.