

Abstract:

The aim of this work is to summarize knowledge on the issue of ankle injuries and give an algorithm physiotherapy procedures and methodologies in patients after fractures in this area. Noted that a comprehensive physiotherapy immediately after reduction leads to the restoration of joint function and prevent chronic problems.

General part is devoted to the description of construction and function of the ankle joint. The mention of the types of trauma injuries and the possibility of conservative and surgical treatment. Special chapters are focused on the application of specific physiotherapy techniques and methodologies in selected patients after traumatic injury of ankle joint. Includes mention of the possibility of using prosthetic aids - kalceotics and orthotics.

The practical part contains two case studies followed patients after traumatic injury of ankle joint, with the proposed training unit, the patients underwent.

Key words:

ankle joint, fracture, immobilization, dorsal flexion, physiotherapy