

## **Abstract**

Title: **Physiotherapeutic treatment of a patient after patella fracture.**

Název: **Fyzioterapeutická léčba pacienta po fraktuře patelly.**

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### **Summary**

This bachelor thesis is divided into two main parts. The first part is the theoretical one which consists of a brief description of the anatomy, biomechanics and kinesiology of the patella. However, for a better understanding, the mechanism of the injury is explained, the different types of patella fracture and their optimal treatments are being described in this part. On the other hand the second part is the practical one which includes the anamnesis and the kinesiology examinations of a thirty eight years old woman, after patella fracture. Physiotherapeutic procedures for seven sessions also were performed and described in details on a daily base. This part is referred as the special part of this thesis. Great deals of strengthening, relaxation and sensomotoric stimulation exercises which are performed, as well as hydrotherapy, are available for the reader.

### **Results**

After seven sessions the situation of the patient is really improved. The main goals have been accomplished. A full range of motion (ROM) of the injured knee joint is present. The muscle balance of the injured knee joint is maintained and the coordination is in a very good level. Furthermore, the patient is able to walk without the crutches, physiologically and with a lot of confidence.

**Key words:** patella, patella fracture, conservative treatment, physiotherapy, range of motion, exercise.