

6 SUPPLEMENT

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Figure 22 - Initial posture examination, left lateral view.



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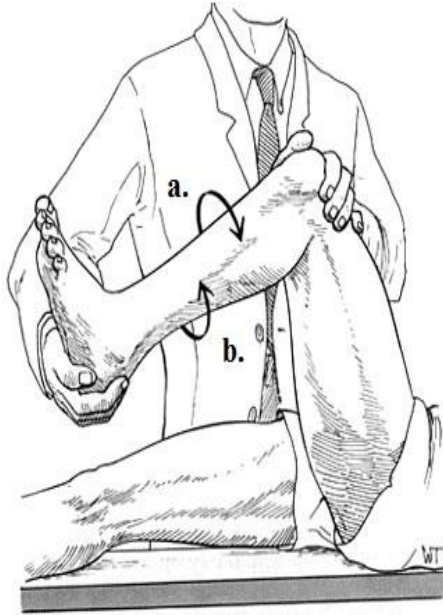


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Figure 25 - Three points walking type with the forearm crutches.

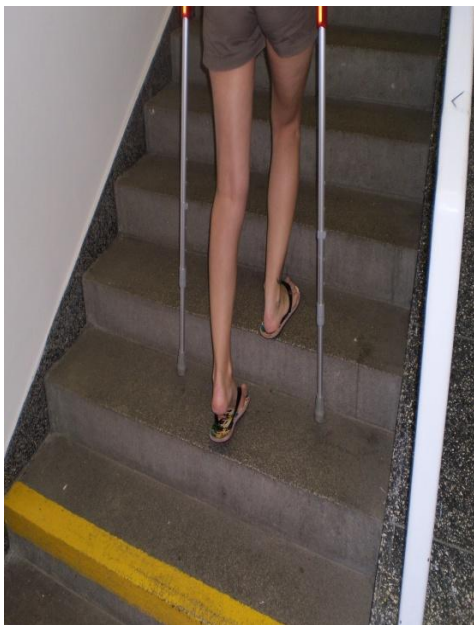


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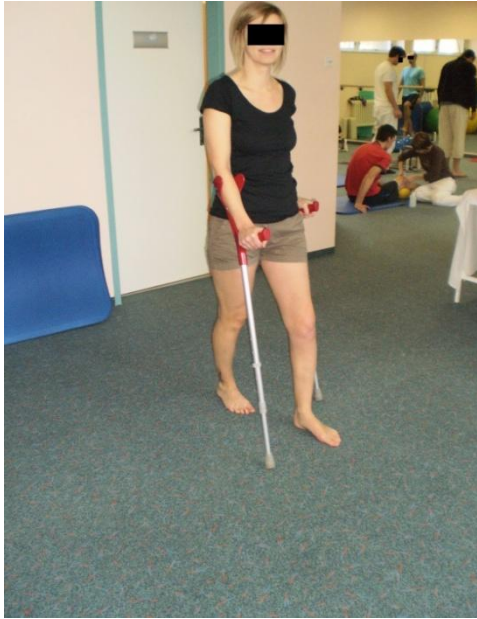


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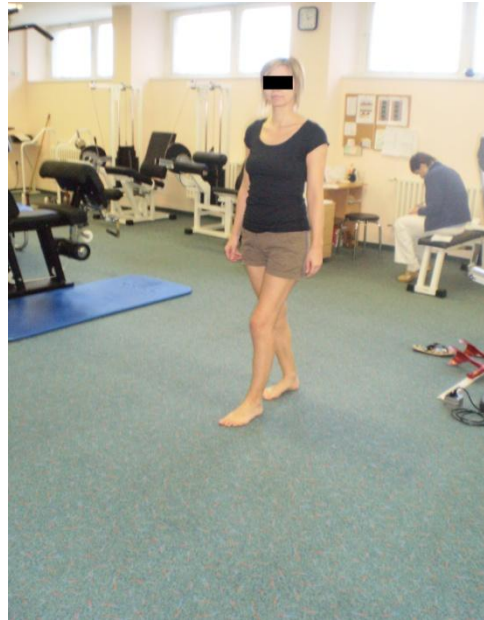


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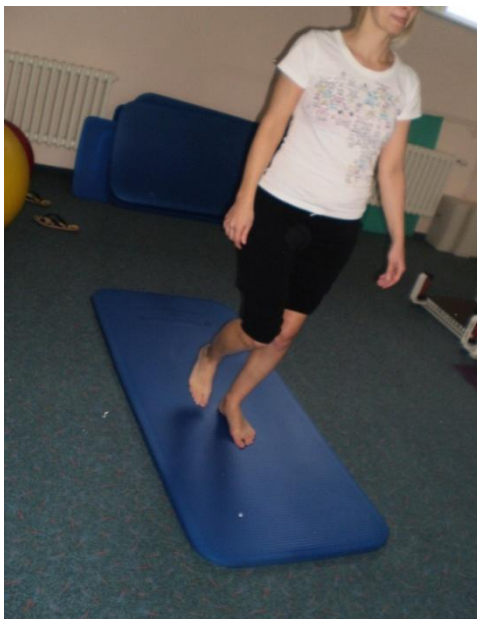


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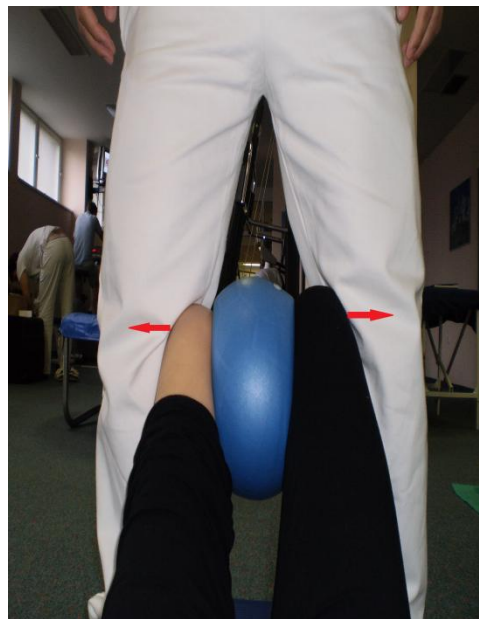


Figure 43 – Isometric strengthening of the abductor muscles.

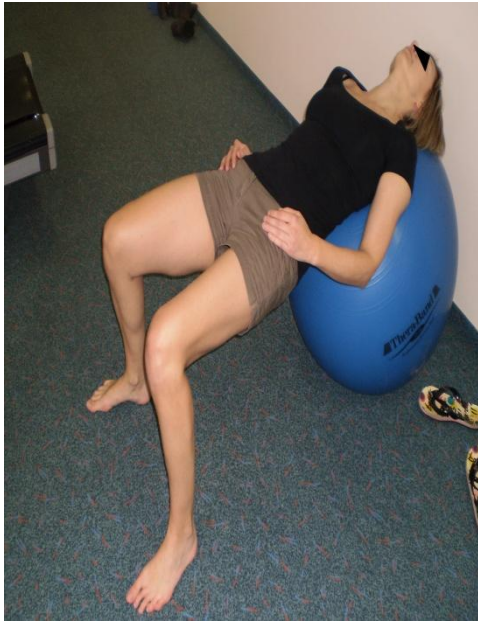


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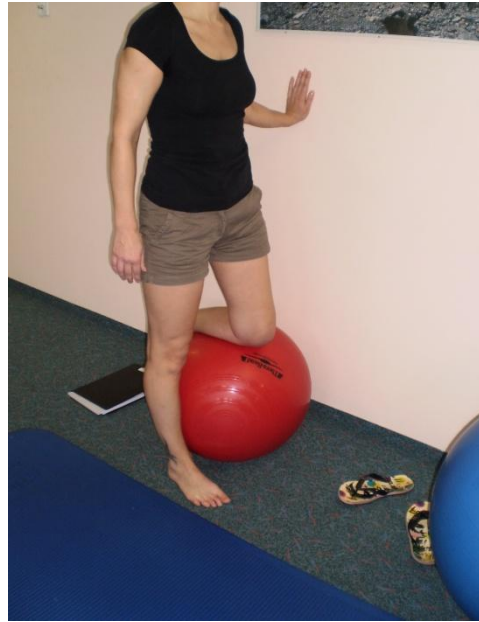


Figure 45 - Close chain exercise, strengthening mainly the left m.rectus femoris.

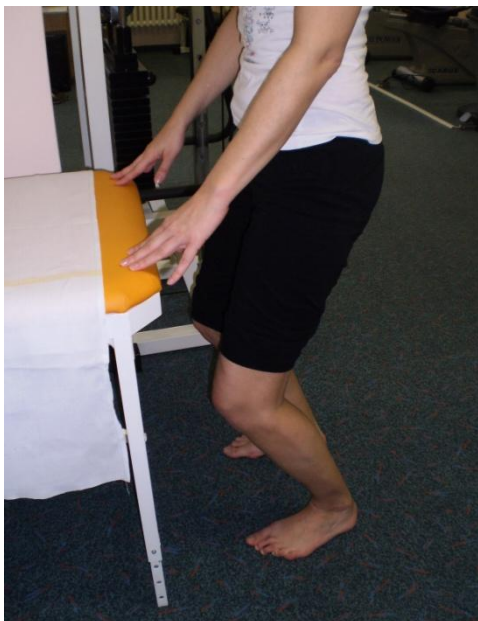


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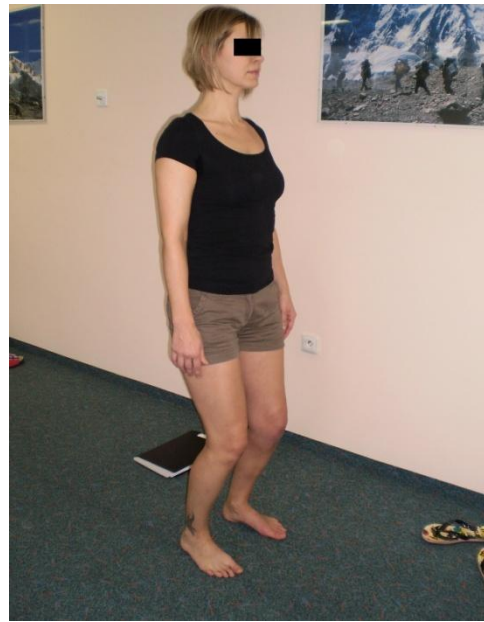


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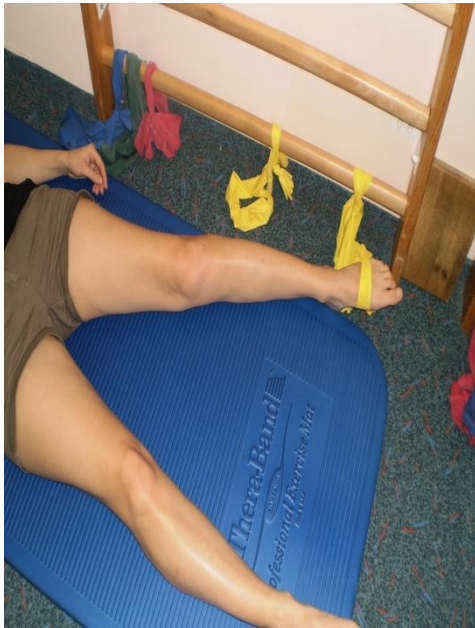


Figure 63 - PNF technique by Kabat.
1st diagonal – F pattern against the resistance of a thin elastic band (starting position).

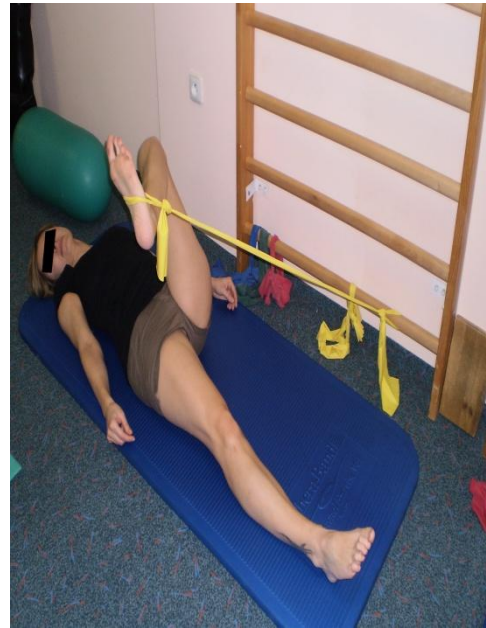


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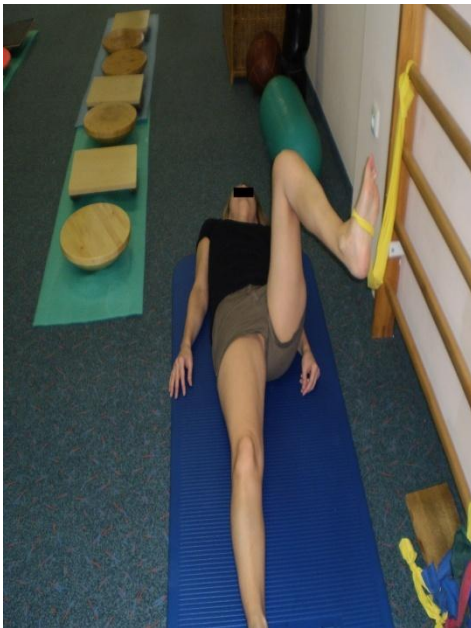


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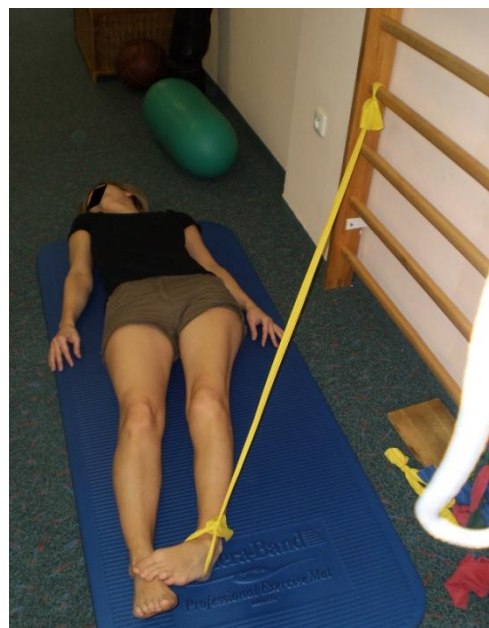


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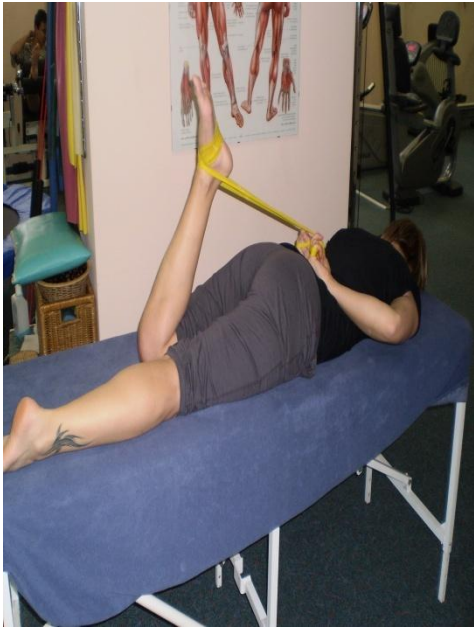


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6.4 ABBREVIATIONS

- **ROM** – Range Of Motion
- **LE(s)** – Lower Extremity(ies)
- **E** – Extension
- **F** – Flexion
- **L** – Lumbar
- **S** – Sacral
- **Q** – the name of the vector of the force
- **ER** – External Rotation
- **IR** – Internal Rotation
- **X-ray** – Radiography
- **CT** – Computer Tomography
- **MRI** – Magnetic Resonance Image
- **ABD** – Abduction
- **UE(s)** – Upper Extremity(ies)
- **SFTR** – Sagittal / Frontal / Transverse / Rotation (anatomical planes)
- **BMI** – Body Mass Index
- **HR** – Heart Rate
- **BP** – Blood Pressure
- **min** – Minimum
- **max** – Maximum
- **ADL** – Activities of Daily Living
- **PIR** – Post Isometric Relaxation technique, by Lewit
- **PNF** – Post Neuromuscular Facilitation technique, by Kabat.
- **No.** – Number
- **PF** – Plantar Flexion
- **ADD** – Adduction
- **DF** – Dorsal Flexion

6.5. APPLICATION FOR ETHICS BOARD REVIEW



CHARLES UNIVERSITY IN PRAGUE
FACULTY OF PHYSICAL EDUCATION AND SPORT
Josef Martího 31, 162 52 Praha 6-Vešelavín
tel. +420 2 2017 1111
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Application for Ethics Board Review

of the research project, doctoral research, master degree research, undergraduate research, involving human subjects

Project title: Case study for fracture of patella (S82.0).

Nature of the research project: Bachelor's Thesis

Author: Sokratous Dimitris

Supervisor: Mgr. Jiřina Holubářová

Research project description:

Case study of physiotherapy treatment of a patient with the diagnosis of fracture of left patella (S82.0) will be conducted under the expert supervision of an experienced physiotherapist C.L.P.A. (Centrum Léčby Pohybového Aparátu).

No invasive methods will be used. Personal data obtained during the investigation will not be published.

Guaranteed safety to be judged by experts: rationale for the use of invasive methodologies, procedures minimizing the risk to subjects

Ethical aspects of the research: special rationale for research involving children, pregnant and nursing women, mentally disabled, prisoners and persons in underdeveloped communities (see the Ethics Board Code, Faculty of Physical Education and Sport, Charles University, and International Ethical Guidelines 5, 6, 7, 8 and 11)

Informed consent (attached)

Date: 9/1/2012

Author's signature:

Faculty of Physical Education and Sport, Charles University in Prague
ETHICS BOARD REVIEW

Ethics Board members: Doc. MUDr. Staša Bartůňková, CSc.
Prof. Ing. Václav Bunc, CSc.
Prof. PhDr. Pavel Slepíčka, DrSc.
Doc. MUDr. Jan Heller, CSc.

The Ethics Board at the Faculty of Physical Education and Sport, Charles University, approved the research project.

Approval number: 005/2012
Date: 12.1.2012

The Ethics Board at the Faculty of Physical Education and Sport, Charles University, reviewed the submitted research project and **found no contradictions with valid principles**, regulations and international guidelines for biomedical research involving human subjects.

The chief investigator of the project met the necessary requirements for receiving the Ethics Board approval.

UNIVERZITA KARLOVA v Praze
Fakulta tělesné výchovy a sportu
Official school stamp
Josef Martího 31, 162 52, Praha 6

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Signature, REB Chairman