

## **Abstract**

**Title:** Case Study of A Physiotherapy Treatment of A Patient with the Diagnosis of Fracture of Lateral Malleolus

**Aim:** The aim of this beachelor's thesis is to present basic information on ankle fractures and to elaborate a case report of a patient with the above mentioned diagnoses.

**Method:** The thesis consists of two parts: a theoretical part and a practical part.

The theoretical part presents a discription of the anatomic structure and the fiction of the ankle joint, the kinesiology of the foot and the biomechanics of walking. Furthermore, it deals with traumatology of the ankle area focusing on fractures, diagnostic methods, treatment and physiotherapy methods and on courses of action after ankle fractures.

The practical part is conceived as a case study. It includes an anamnesis of a patient, an entrance kinesiology analysis on the basis of which aims and methods of the therapy were determined. The thesis presents a description of the course of the individual therapeutic units, an output kinesiology analysis and a therapy efficiency evaluation.

**Key words:** ankle joint, fracture, lateral malleolus, rehabilitation, physiotherapy, case study