Abstract

Name: Case study physiotherapy care patient with proximal humerus fracture

Aims: Summary of theoretical knowledge, the study methodology, comprehensive rehabilitation, treatment design and evaluation of its effect in a patient diagnosed with the condition after fracture of proximal humerus.

Methodology: Retrieval with a case study arose during the work experience from 21.1.2013 to 15.2.2013 in IKEM in Prague. The thesis is divided into two parts, theoretical and special. The first part summarizes the anatomy and kinesiology of the upper limb girdle, characteristics of fractures of the proximal humerus and its classification, diagnosis and treatment, examination of the shoulder joint and rehabilitation, including physical therapy. A special section describes the case of a patient with this diagnosis. On the basis of history and initial examination has been set design the therapy. Therapeutical approach was prescribed according to the medical history and physical examination and its effect was assessed using kinesiology analysis at the end.

Results: The patient increased range of movement in flexion, abduction, extension and rotation of the left shoulder joint and increase muscle strength in muscles on the left. During therapy, the patient was instructed to autotherapy.

Key words: fracture, proximal humerus, osteosynthesis, rehabilitation, physical therapy