

## **Abstract**

**Name of thesis:** A case study of physiotherapeutical care of a patient after anterior cruciate ligament reconstruction surgery.

**Objectives:** The purpose of the general part of this bachelor's thesis is to assess the matters of knee soft tissue injury with emphasis on the anterior cruciate ligament, the potentialities of conservative and surgical treatment and physiotherapeutical care in particular. The special part of the thesis is dedicated to the presentation of a case study of a patient after anterior cruciate ligament reconstruction surgery. The supporting records for the case study were obtained during continuous specialized bachelor's practice at the Hospital Na Bulovce in January 2013.

**Method:** This bachelor's thesis consists of two parts: general and special. The general part has been produced in the form of literature search. The special section is concerned with the case study of physiotherapeutical care of a patient after anterior cruciate ligament reconstruction. The rehabilitation, which comprised also an entry and concluding kinesiological analysis, took place in January 2013 during a continuous specialized bachelor's practice in the Hospital na Bulovce.

**Outcome:** By the means of regularly performed rehabilitation the reflex changes in the right lower limb have been eliminated, the joint play of the head of the fibula and the patella has been re-established in every direction, the shortened muscles have been elongated and weakened muscles strengthened, which has led to the improvement of the dynamic stability and increase in the range of motion of the right knee. Thanks to this, the movement patterns such as standing and gait have been optimized.

**Keywords:** Knee joint, knee soft tissue injury, anterior cruciate ligament reconstruction surgery, rehabilitation after anterior cruciate ligament reconstruction surgery.