

ABSTRACT

Title of bachelor's thesis: Case Study of physiotherapeutic treatment of a patient with the diagnosis of state after humerus surgical column fracture and disappearing complex regional pain syndrome type 1, stage 2.

Objectives

The aim of the thesis is to give a complete description of proximal humerus fracture with added diagnose of complex regional pain syndrome. Another aim is a presentation of treatment with its results of a patient with these diagnoses.

Methods

The aim of the thesis is to give a complete description of proximal humerus fracture with added diagnose of complex regional pain syndrome. Another aim is a presentation of treatment with its results of a patient with these diagnoses. The thesis is divided into theoretical and specialized part. In the first part I describe anatomy and kineziology of the upper limb, classification of proximal humerus fractures, problems associated with the fractures, the options of their medical and most importantly physiotherapeutical treatment. In a similar way I describe complex regional pain syndrome. Specialized part describes the course of my physiotherapical treatment of patient with these diagnoses, that took place during my intership in the term 16.1. 2013 – 29.1.2013 at the departemnt of physical medicine and rehabilitation at the Military University Hospital Prague.

Results

The range of movements has been increased in the shoulder and joints of the hand. Strenght of the right upper extremity was altogether increased. Also there has been a reduction of arm's oedema and pain level during activities that strain right upper extremity was also decreased. ADL capability was improved as well as the potential for better life.

Keywords

Fracture, proximal humerus, complex regional pain syndrome, physiotherapy, rehabilitation, treatment