

Abstract

Title: Case Study of Physiotherapy Treatment of a Patient After Stroke

Objective: To evaluate the effects of physiotherapy care on the patient.

Methods: The first general part provides the description of the disease itself, its prevalence in the Czech Republic, etiopathogenesis, clinical features, prognosis and current therapeutic approaches in acute, sub-chronic and chronic stages. Recommendations for primary prevention of cerebrovascular accident are described. Post-stroke patients with permanent disabilities run high risk of falling. Some selected methods (tests) are presented to evaluate the patient's balance ability (e.g. Berg Balance Scale, BESTest). The special part of this work presents a case study of a post-stroke patient, the course of the therapy and an evaluation of its effects.

Results: The physiotherapy care has led to improvements of gross and fine motor skills and increased the patient's independence in everyday living.

Conclusion: It is important to maintain optimal health, independence and self-sufficiency of patients in the chronic stage. Specially developed functional tests can be used to evaluate the patient's condition and to choose an effective therapy.

Keywords: stroke, brainstem stroke, cerebrovascular accident, falls prevention, Berg Balance Scale, BESTest