

Abstract

This thesis deals with the issue of knee injuries and gonarthrosis. The thesis has theoretical and empirical character. The theoretical section is divided into three main chapters. The anatomy of the knee joint is described in the first chapter. Second chapter deals with knee injuries; this part is focused on the injuries to ligaments, menisci, cartilage and patella. Gonarthrosis, its etiology, symptoms, treatment and prevention, is compiled in the last chapter.

The empirical section contains the results of research. The research was performed as an anonymous questionnaire study. Respondents were older than 18 years and after the knee injury. The sample consisted of 102 respondents. The aim of the empirical section was to find out what kind of injuries the clients have experienced, their attitude towards the after-treatment of the injuries, their knowledge of gonarthrosis and whether they occupy themselves with its prevention. The results were processed into charts and graphs. The research show, that the most common injury is one to the anterior cruciate ligament. A third of the respondents does not follow the treatment regimen, most frequently they fail to walk on crutches or to wear a knee brace. More than 80% of respondents know the symptoms, but only 11,76% of respondents know stages of gonarthrosis. 53,92% of respondents do something for its prevention.

Key words: knee joint, knee joint injury, injury to the soft knees, gonarthrosis, prevention