

ABSTRACT

Title :

Case study of physiotherapy treatment of patient with total endoprosthesis of knee.

Goal:

The goal of this thesis is to present information and therapy plan for total endoprosthesis of knee in theoretical and practical part. The theoretical part presents anatomy of knee, biomechanics of knee joint movement, epidemiology, pathology of gonarthrosis. The practical part presents the case of a female 69 years old, in a state of 24 days postoperative of total knee endoprosthesis. The goal from the practical part is to present the examinations, therapeutic approach and conclusions of therapeutic treatment of this patient.

Methods:

Methods used for physiotherapy of this patient were focused on soft tissue techniques, post isometric relaxation, strengthening and breathing exercises and effleurage strokes. Six therapy sessions were completed, each lasting from 30-60 minutes and additionally 2 therapy sessions for initial and final kinesiologic examination.

Results:

During a period of 2 weeks the patient had a marketable improvement in decreasing of swelling, increasing of active and passive range of movement of the knee, and importantly the patient expressed a reduced level of pain.

Conclusion:

According to the finding in the initial examination and the therapy, which were planned, the patient was shown improvement as it was planned. She was recovering well and functionally active and she had no constraint of her daily living activities .

Key words: physiotherapy, total endoprosthesis, kinesiologic.