

Abstract

Title: Case study of physiotherapy treatment of a patient with rheumatoid arthritis

Aims: The main goal of my thesis was to use knowledge gained during studies of physiotherapy in a practical case of a patient treatment and to get feedback of the therapy that was used. The therapy included: an investigation, a proposal of the therapy, a procedure for the therapy and an evaluation of the effect of the therapy.

Methods: The first part of my thesis is focused on the theoretical issue of rheumatoid arthritis. The main topic of this part is a clinical picture through which rheumatoid arthritis can come out. I also focused on arthral and non-arthral, neurological, symptoms. At the end of the thesis the physical therapy is discussed.

The second part includes the actual diagnosis elaboration of a case study of physiotherapy treatment of a patient with rheumatoid arthritis. It was created during my practice in the Institute of Rheumatology in Prague, from 11th January until 21st January. The part includes an entry investigation, a short-term and a long-term therapy schedule, therapeutic units, an output investigation and an efficiency of the used therapy. The main aim of the therapy was to reduce pain and to restore the strength of muscles and the latitude of joints

Results: With a high support of a medical treatment the joint ache has been reduced, the edema on the acra has melted away, the latitude of joints and the strength of muscles for upper and lower limbs have increased, which has improved the functional grip of the hand.

Key words: rheumatoid arthritis, inflammation of joints, joint ache, biological treatment, morning acampsia