

## **Abstract**

### **Title of bachelor's thesis**

Case report of therapeutic care of patient after fracture of the shaft of the ulna.

### **Thesis aim**

The aim of this work is to summarize the theoretical knowledge and the study methodology of comprehensive rehabilitation on the issue of trauma, particularly fractures of the elbow, then use this knowledge in practice when working with patients after fracture of the shaft of the ulna.

### **Method**

The general part of the thesis summarizes the anatomical, biomechanical and kinesiological knowledge of the distal part of the upper limbs in relation to surrounding structures. The next section describes the problems of traumatology elbow with a focus on fractures in this area, which is a detailed examination and therapy, rehabilitative care, meaning mainly using physical therapy and physiotherapy techniques.

In a special section, I develop a detailed case report of a 62 – year – old patient after fracture of the ulna shaft after removing the brace that immobilized joint for 14 days. This case report was prepared during my professional experience in the department of rehabilitation and pain management in Litvinov in the period from January 14, 2013 to February 8, 2013 under the guidance of a physiotherapist Martina Čápková. The job is processed complete input and output kinesiological analysis, description of each therapeutic unit, effectiveness of therapy. In conclusion, the process of therapy and evaluated the effectiveness of physiotherapy methods applied.

### **Results**

Goals I set at the beginning of therapy were successfully met. On the left upper limb, especially on the elbow joint was achieved to increase range of motion, muscle strength, reduce swelling and pain.

**Keywords:** Elbow joint, fracture of the shaft of the ulna, rehabilitation, physiotherapy.