

ABSTRACT

Title: Case report of physiotherapy care of patient with distortion of the ankle.

Objectives: The aim of this bachelor's thesis is a summary of the study findings and methodology of comprehensive rehabilitation on the issue of trauma, especially distortion, of ankle, then use this knowledge in practice with working with the patient with status post distortion of ankle and make a case report of this patient.

Methods: The general part of the bachelor's thesis summarizes the anatomical, biomechanical and kinesiological findings of the ankle joint. Furthermore, the aforementioned findings of distortion of ankle, it's examination, treatment and therapy. The conclusion summarizes the complications that may occur during or after treatment.

In the special part of the bachelor's thesis I developed detailed case report of a patient after distortion of ankle. This case report was prepared during my professional experience in Centrum léčby pohybového aparátu in Prague in time 7.1. – 1.2.2013 under the guidance of a physiotherapist Mgr. František Vaňous. In the thesis is made input and output of kinesiological analysis, further elaborated the various therapeutic units, the effectiveness of therapy. In conclusion, there is described and evaluated the effect of physiotherapy techniques.

Results: Objectives, that were set at the beginning were fulfilled. The pain and swelling of the treated leg were removed, the joint range was increased, weak muscles were strengthen, hypertonus was removed and fascie became elongate and the joint play was resumed. The walking of patient was corrected as well as the stability of patient. The theoretical knowledge of this issue were processed.

Keywords: ankle joint, distortion, rehabilitation, physiotherapy, case report