ABSTRACT

Title: Case study of physiotherapy treatment of a patient following total knee replacement

Abstract: The aim of the thesis is to present the physiotherapy given to a patient with stiffness after an atypical total knee replacement procedure. The work consists of a general part and a special part. The general part aims to explain this particular case of total knee replacement from a theoretical point of view. The goal of the special part is to present physiotherapy as treatment, it’s conduction and results.

Method: One female patient (b. 1958) with chronic stiffness following total knee replacement was selected and gave consent to take part in the case study. A copy of the form of consent can be found in the appendix at the end of this thesis. Clinical examination, therapy and progress evaluation took place at Rehabilitation Clinic Malvazinky from 21.01.14 to 31.01.14 under the supervision of Mgr. Hana Zemlerová. Utilities used in examination and treatment included treatment table, measuring tape, neurologic hammer, goniometer, overball, big balls, bosu balls, spiked balls, supportive pillows, stationary bicycle and mats. Therapeutic methods and principles used was PIR, soft tissue techniques, joint manipulation and posture correction.

The general part was based on theory learned through the bachelor studies of physiotherapy at FTVS, Charles University in Prague. Other theory was gained from the cited books, academic articles (database: EBSCOhost and ScienceDirect) or from trusted webpages retrieved from 23.01.14 to 25.08.14.

Result: The most important result after the therapy was increased range of active flexion with 15 degrees and passive flexion with 5 degrees. Both passive and active movements to extension increased with 5 degrees.

Conclusion: After the week of intensive rehabilitation, the patient had small improvements on a few factors. However, the therapy was unsuccessful in reaching the patient’s goal of increased function of the knee.

Keywords: Rehabilitation, Total knee replacement, post operation complications, chronic stiffness, chondrosarcoma, healing, PIR, soft tissue techniques