

Abstract

Title:

Casuistry of physiotherapy care of patient after plastic reconstruction of anterior and posterior cruciate ligament of knee joint

Objectives:

To summarise theoretic knowledge about knee joint soft structures injury and the possibilities of its therapy, especially physiotherapy care after plastic reconstruction of the ligaments. Then, to present casuistry of the patient after plastic reconstruction of anterior and posterior cruciate ligament.

Summary:

Thesis consists of two parts – general and special.

In the general part, theoretic information about injuries of soft structures of the knee joint is summarised, as well as overview of possibilities of its examination (especially special tests) and therapy, both conservative and operative.

The special part presents a casuistry of physiotherapy care of patient after plastic reconstruction of anterior and posterior ligament of the knee joint. Author worked with this patient while practising in Military University Hospital in Prague, since 2014-01-21 to 2014-01-31.

By the means of special rehabilitation we achieve in operated knee joint decreasing of swelling, increasing of range of motion, strenghtening of weakened muscles, restoration of joint play and improving of other parameters. Thus we achieve overall better dynamic stabilization of operated knee joint. Scars were cured, patient was educated as an autotherapy was concerned.

Keywords:

Knee joint, rehabilitation after plastic reconstruction of LCA and LCP, reconstruction of LCA and LCP, injury of soft structures of the knee joint, rupture of the ligaments, lesion