

Abstract

Name of the thesis: Case study of physiotherapy treatment of a patient with the diagnosis of the fracture of the distal radius

Goal of the thesis: The goal of the general part of this thesis was to introduce and embrace expertise concerning fractures of distal radius, incidence of injury, it's medical treatment and physiotherapy methods and procedures.

Methodology of work: The bachelor thesis is focused on physiotherapeutic treatment of a patient after fracture of distal end of radius. It is divided into two parts. The general part explains anatomical structure and kinesiology of forearm and hand, hand function and various forms of grips. I also focus on issue of bone fractures and forearm traumatology, mechanism of it's creation, types of medical treatment, complications, physiotherapeutical methods and selection of appropriate physical therapy. The special part is written in form of a case study of a patient with diagnosis of fracture of the distal radius. After the initial kinesiology examination I describe the aims of therapy, longterm and shortterm therapeutic plan, course of the individual therapy units and outcome kinesiology examination with evaluation of the therapy.

Outputs: During the therapy, there was a positive influence on reflex changes of soft tissues, reduction of swelling, restoration of joint play, improving of motion range, stretching of shortened muscles, strenghteing of weakened muscles and improving of fine motor of hand.

Key words: Antebrachium, radius, injury, fracture, pfysiotherapy