

Abstract:

Title: Case study of physiotherapy treatment of a patient with a diagnosis of the state of fracture of the distal radius

Goals: The study is divided into two parts. General and special part. The goal of the general part was to get informatik about the problems of fracture of the distal radius and its technical issues. In the special part was to prepare a case report of a patient with the diagnosis and subsequent application of physiotherapy techniques and monitoring their results.

Methodics: This work is focused on the treatment of patients after fracture of the distal part of the radius. In the general part is description of the anatomy of the forearm and hand, kinesiology, grips, traumatology - fractures and their treatment, mechanism, complications. I devote appropriate physiotherapy treatment and at the end of physical therapy. Part of the special is written in the form of casuistry studies. After the initial kinesiological testing is described goal of therapy, long-term and short-term plan, the progress of individual therapeutic units and finally output kinesiology examination with evaluation of the effect of therapy.

Results: During therapy, there have been many changes for the better, especially in slippery and extensibility of soft tissues, there was also a restoration of joint play, increase range of motion and improve fine motor hand.

Keywords: wrist , hand , radius fracture , casuistry, physiotherapy