

ABSTRACT

Title: Case Study: Physiotherapy treatment of a patient with a total lateral ankle sprain

Author: Antonios Markantonakis

Clinic of Work placement: C.L.P.A (Centrum léčby pohybového aparátu)

AIM OF THESIS

The aim of this bachelor thesis is on understanding how the ankle joint is made and of course what is its function. Then, mentioning what are the most common injuries referring the ankle joint. by analyzing the case of this patient with a six therapy session rehabilitation plan, we will be focusing more on the total ankle sprain.

Summary

This bachelor thesis is divided in two main parts. The first part is the general part and the second one the special part. In the general part, it is included all the theoretical information about my patient's diagnosis. More specifically, is composed by the basic anatomy of the lower limb, the ankle joint and the foot including muscles, joint, ligaments and bones. Furthermore, the biomechanical and kinesiological field it will be covered.

Furthermore, it is explained in details how the mechanism of injury is possible to happen and how serious it can get.

Secondly, the most important part of the bachelor thesis is the special part in which it is covered everything about the case of the patient, all information, examinations, therapy sessions and results which are compared with the first and last examination.

There were performed to the patient about 6 therapies sessions. Starting from

Wednesday 5th January 2015 and ending on Friday 16

th January 2015. Each therapy

session is explained in details including the procedure and the results as well.

Key words: ankle joint, ankle sprain, talofibular ligament, conservative treatment, talus, swelling, physiotherapy