

Abstract:

Title: Case Report of Physiotherapy Treatment of a Patient after Osteosynthesis of the Talocrural Joint Fracture

Aims: The main aim of this thesis is to acquire theoretical knowledge concerning anatomy, kinesiology and traumatology of the ankle joint. Another aim is to make the summary of physiotherapy techniques used in this field and the subsequent elaboration of the case report of a selected patient with this diagnosis during my continuous practical training.

Methods: This thesis is based on my continuous practical training from 18 January, till 12 February, 2016 in the Rehabilitation Clinic Malvazinky in Prague.

The thesis consists of the general and special part. The first, general part was written on the basis of the specialized literature and is focused on summarizing important information and knowledge in the field of anatomy, kinesiology, traumatology, therapeutic methods and essential physiotherapy techniques which are used during the rehabilitation after the talocrural joint fracture. The second, special part describes the case report of the patient with this diagnosis. It contains the initial kinesiology analysis, draft of a short-term and long-term treatment plan, the course of the therapy, final kinesiology analysis and most of all, an assessment of the physiotherapy treatment.

Results: We can state that there is an appreciable increase of the range of motion and muscle strength of the ankle joint. An improvement in the stability of the patient was reached which is reflected among other things in walking stereotype. The effect of the therapy was positively assessed. We managed to meet the aims set at the beginning of the therapy and the overall physical condition of the patient improved significantly.

Key words: case report, physiotherapy, fracture, ankle joint, osteosynthesis