

ABSTRACT

Title: Case study of physiotherapy treatment of a patient after proximal humeral fracture.

Aims: The aim of this bachelor thesis is to summarize theoretical findings about the fracture of proximal part of humerus, to elaborate the patient casuistry and evaluate the effect of the therapy.

Methods: In the first part I summarized theoretical basis to the topic of proximal humeral fracture. I mention anatomy and kinesiology of shoulder girdle, etiopathogenesis, diagnostics, classification, treatment and complications of the proximal humeral fracture. I did not focus on operation solutions in details as the doctors had chosen the non-operative treatment for the patient. Finally I describe the physical therapy and physical therapy modalities suitable for this diagnosis. The second part is focused on patient I. K. casuistry suffering from proximal humeral fracture. This special part is based on my bachelor practise in CLPA held in January 2016. It contains the anamnesis and initial musculoskeletal assessment on which bases the proposal and goals of the therapy were settled. Further I present all therapeutic units, final examination and therapy evaluation.

Results: During one month therapy the edema and haematoma on the right arm were minimalized, the range of motion in the right shoulder joint increased, further the strenght of the muscles around the shoulder joint and shoulder blade intensified, we managed to reduce the pain and to increase the ability of the service.

Key words: fracture, proximal humerus, arm bone, casuistry, physiotherapy