

## **ABSTRACT**

### **Thesis title:**

Casuietry of physiotherapy care for a patient diagnosed with peripheral facial palsy

### **Aim of thesis:**

The main aim of this thesis, as well as of its specialised part, is a detailed casuistry of physiotherapy care of a patient diagnosed with peripheral facial palsy. Firstly, resource materials were collected during my practical training in Regional Hospital Kladno, in time period January 23 – February 17, 2017. Casuistry consists of a clinical examination, short – term and long – term plan of physiotherapy care, therapy sessions' records and evaluation of used methods. Another aim was to elaborate on the topic of peripheral facial palsy in the theoretical part of the thesis.

### **Thesis summary:**

For my therapies I used the following physiotherapy methods and techniques, in particular the Soft Tissue Mobilization: Postisometric Relaxation by Lewit (PIR) and antigravity method by Zbojan (AGR) to relax hypertonic muscles, Fascial Stretch Therapy and Joint Mobilization by Lewit and PIR with stretching by Janda. Peripheral facial palsy was treated by facial massage, Jebavá's foam ball massage therapy and kinesiotaping. Main part of the therapy consisted of practising the Kenny Method. Moreover, proprioceptive neuromuscular facilitation (PNF) by Kabat was applied to strengthen the facial muscles.

### **Keywords:**

Bell's palsy, peripheral palsy, nervus facialis, facial muscles, Kenny Method, casuistry, physiotherapy