

## **Abstract**

**Title:** Case report of physiotherapeutic care of a patient with diagnosis status after knee joint injuries.

**Objectives:** The aim of this work is processing of the case study of a patient with diagnosis status after knee joint injuries, designing therapy and monitoring its process, a summary of theoretical knowledge of given diagnosis, especially about the instability of the knee joint.

**Methods:** This work was created as a research with case study during continuous professional practice in Institut klinické a experimentální léčby held from 4. 1. 2016 to 29. 1. 2016. The work consist of general and special part. The general part deals with theoretical knowledge of anatomy, kinesiology and biomechanics of the knee joint, injuries and the possibilities of physiotherapy procedures. The second part describes case study of a patient after knee joint injuries with instability, the process of suggested therapy and evaluation of its effect.

**Keywords:** knee joint, instability, rehabilitation