Abstract

Title of thesis: Case Study of Physiotherapy Treatment of a Patient after Total Hip Replacement.

Work placement: Institute of Rheumatology (Revmatologický ústav), Prague

Summary:

The goal of this bachelor’s thesis is to present a theoretical and practical view of coxarthrosis, also known as hip osteoarthritis, and its treatment. It consists of a theoretical part and a case study. The theoretical part consists of the anatomy, biomechanics and kinesiology of the hip joint, and characteristics of coxarthrosis and its treatment. The case study is based on a 64-year-old female patient who underwent total hip replacement of the left hip joint. It consists of anamnesis, initial kinesiological examination, rehabilitation plan, therapy progress, final kinesiological examination, effect of therapy, reflexion on therapy and conclusion. The methods used during the therapy sessions with the patient were all non-invasive. A combination of manual techniques and rehabilitation exercises was used with the aim to help the patient recover and become as self-reliable in the activities of daily living as possible.

Keywords: hip joint, rehabilitation, coxarthrosis, osteoarthritis, exercises, range of motion