

## **Abstract**

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**Title:** A case study of physiotherapeutic care for a patient with the diagnosis of anterior cruciate ligament reconstruction

**Objectives:** The objective of the bachelor's thesis is a case study of physiotherapeutic care for a patient with the diagnosis of anterior cruciate ligament reconstruction.

**Methods:** The bachelor's thesis is divided into two parts – a general part and a special part. The general part includes information from the areas of anatomy, kinesiology and biomechanics, knee-joint traumatology, clinical examination, injury causes, therapeutic possibilities, subsequent rehabilitation, physiotherapeutic examination methods, and rehabilitation in the individual phases of treatment, including therapeutic goals. The special part was carried out based on practical experience at the *Centrum léčby pohybového aparátu* in Vysočany between August 28 and September 25, 2015. It includes a detailed case study of a patient after anterior cruciate ligament reconstruction. It also contains the patient's medical history, initial kinesiological analysis, short-term and long-term physiotherapeutic plans, individual therapies, final kinesiological analysis, and final assessment of the therapeutic effect.

**Keywords:** physiotherapy, knee joint, ACL, case study, rehabilitation