

Abstract

Title: Physiotherapeutic treatment of a patient with ankle sprain

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Aim

The aim is a further understanding of an anterior talofibular ligament sprain. Generally in my thesis you can see how the structure of an ankle joint is and the function of the same joint by a kinesiological and a biomechanical point of view. Furthermore it will be described in details a therapy plan about that diagnosis.

Summary

My bachelor thesis contains two main parts, the general part and the special part. In the general part I analyze the branches of anatomy, kinesiology and biomechanics for the ankle joint. In this part you can find also an overview of the ankle sprain and the physiotherapy examinations that need to be done in such situations. On the other hand, the special part is an extended report of my case study. There are included kinesiological examinations (initial-final) and the rehabilitation program that I followed day by day with my patient during my clinical work placement. At the end there are the final results and a conclusion

Results

The results of my case study were positive and this is deduced from the final outcome of my patient. At an early stage of the rehabilitation program, the patient had pain and swelling relief. By the end of the therapy sessions we managed to increase the ROM in the physiological levels, we resolved the joint play restrictions and the hypertonic muscles got relaxed. Strengthening of both lower limb muscles was a main goal that also achieved. Finally we fixed the bad stabilization of the ankle joint and the patient's posture became significantly balanced.