

REPORT OF BACHELOR THESIS

Leadership's name:

Mgr. Michaela Stupková

Student's name:

Christoforos Koupparis

Title of diploma thesis:

Case study: Physiotherapy treatment of a patient with diagnosis of ankle sprain

Goal of thesis:

The aim of this bachelor thesis is further understanding of anterior talofibular ligament sprain, how the structure of an ankle joint is and the function of the same joint by a kinesiological and biomechanical point of view. The description in details of therapy plan about the ankle sprain diagnosis is involved in the thesis .

1. Volume:

* pages of text	67
* literature	26
* tables, graphs, appendices	27 tables and 7 appendices

2. Seriousness of topics:

	above average	average	under average
* theoretical knowledges		x	
* input data and their processing			x
* used methods			x

3. Criteria of thesis classification:

	excellent	very good	satisfactory	unsatisfactory
degree of aim of work fulfilment				x
<i>The aim of this thesis was fulfilled partially. There is less kinesiology and biomechanic than I expected - a lot of studies were published about the ankle joint. The mechanisms of injuries were not described in theoretical part. Some therapeutical techniques are not suitable for this patient.</i>				
independence of student during process of thesis			x	
<i>Student didn't follow instruction - he didn't consult his work.</i>				
logical construction of work				x
<i>The thesis doesn't achieve the requested quality of bachelor thesis in FTVS UK. This thesis involves many formal and factual errors.</i>				
work with literature and citations			x	
<i>The number of resources is lower than usually (26), 6 books are different anatomical textbooks, there are no citations in the text (i.e.: "Robert W. Lovett introduced...", pgs. 25, 26 in descriptions of examinations by physiotherapist)</i>				
adequacy of used methods				x
<i>There is no chapter involves common complications of ankle sprain and some description different kinds of physiotherapeutical procedures used in patients with ankle sprain. There is no graduation in therapeutical units described in special part of work m- i.e. number of repetition of walking on heels and toes is equal in every therapy unit, number of repetition of walking on rope is equal too. (next: see comments)</i>				
design of work (text, graphs, tables)			x	
<i>The work involves mistakes as different line spacing in text on many pages, paginated supplements, incorrectly numbered supplements.</i>				
stylistic level			x	

4. Usefulness of the thesis outcomes:

under average average

5. Comments and questions to answer:

1) How did you perform PIR m. gluteus maximus? 2) How did you increase the resistance of theraband? (The increasing is described from 3-rd to 7-th session - 4 levels) 3) Why you used the analytic methods only for treatment? Unfortunately is very difficult to give objective opinion. Student sent first version of bachelor thesis just one week before the deadline. This version was different from final version of thesis, especially in therapeutical procedures used in patient

(i.e. in version for consultation:p. 49, chap. 3.5.4. Sequence of therapeutic procedures

„Applied massage with a soft ball on both L.E.”

„I provided the technique for tensor fascia latae, gluteus maximus, soleus on both sides and rectus femoris, iliopsoas on left side.”

in final version:

“Applied massage with a different ball this time. We used spiky ball on both L.E.”

„I provided the technique for tensor fascia latae, soleus on both sides and gluteus maximus on left side.”

p. 51, chap. 3.5.5. Sequence of therapeutic procedures - in version for consultation:

„Bicycling for warm up.(10 mins)”

“Applied massage with a soft ball on both L.E.”

„I provided the technique for tensor fascia latae, gluteus maximus, soleus on both sides and rectus femoris, iliopsoas on left side.”

„Joint play mobilization on the restricted joints of the left L.E. The restricted joints are the Chopart’s joint in dorsal direction and Lisfranc’s joint in dorsal and plantar direction.”

in final version:

„Walking on treadmill (10 mins)”

„Applied massage with a spiky ball on both L.E.”

„I provided the technique for tensor fascia latae, soleus on both sides and gluteus maximus on left side.”

„Joint play mobilization on the restricted joints of the left L.E. The restricted joints is the Chopart’s joint in dorsal direction and Lisfranc’s joint doesn’t need any mobilization.”

In the case, that the student performed therapy described in first version the therapy has no graduation. There were used mobilization technique nad PIR for almost same segments and muscles every therapy unit without verifying that the joint is restricted or muscle relaxed.

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6. Recommendation for defence:

ANO

NE

7. Designed classificatory degree

failed

15.1.2017

Mgr. Michaela Stupková

