Abstract

Title:

A Case- Study of physiotherapy treatment of a patient who has experienced ankle fracture in his right leg.

Goal:

The main objective of this thesis is the discuss all information related to ankle fracture along with the rehabilitation plan to recover the ankle fracture, which will be discussed in the theoretical and practical section of this thesis. The theoretical part highlights the historical information, lower extremities anatomy, biomechanics and kinesiology of the ankle joint, different injury types and the rehabilitation plan. The clinical picture and the etiology of this fracture along with specific tests for ankle fractures will also be discussed. The practical part presents a male patient case study that recently experienced ankle fracture.

Methods:

The rehabilitation process of this patient majorly focused on the use of isometric exercises, soft tissue techniques, sensorimotoric exercises and muscle stretching and strengthening. It included a total of 8 therapy sessions where each session lasted for 30 minutes to 60 minutes along with two additional sessions where the initial and final kinesiologic examinations were performed.

Results:

During these two weeks of rehabilitation, the patient demonstrated considerable improvement in his ankle condition and had increased the active and passive range of motion in his broken ankle. He also reported a decrease in the pain intensity and was able to walk independently and smoothly.

Conclusion:

Based on the initial and final kinesiologic examination, it was evident that the patient demonstrated a high level of satisfaction with the improvement in his ankle condition. The rehabilitation therapies aided him in being fully active and independent.

Key words:

Ankle fracture, ankle joint, rehabilitation, kinesiology.