

Abstract

Title: Case study of physiotherapeutic treatment of a patient after fracture of distal right tibia and distal right radius

Thesis aim: The aim of this thesis is to initially get an overview of all the parameters that act or are related to the present patient's problem. A review of anatomy, kinesiology, physiology and biomechanics to assess, understand the problem and provide the adapted rehabilitation program. Practically, the aim of the thesis is to show the relation with the theoretical knowledge and the application of the range of physiotherapeutic treatment learnt during the three years of studies. The practical part show the ability to identify the restricted components, to apply the needed treatment and assess the progress of the therapy applied.

Clinical findings: This study deal with a 17 years old patient with the diagnosis of fracture of the distal right radius and distal right tibia. The assesment reveal restriction of the mobility and joint play at ankle joint. The ankle joint is painful only during pressure in flexion direction. Any pathological parameter has been found, express and felt, the right wrist is healthy and shows the same normal physiological parameters as his left wrist.

Methods: All the used procedures were based on the literature given thought by Charles University in Prague, Faculty of Physical Education and Sports. Post isometric relaxation, mobilisation techniques related the ankle and foot joints, soft tissue techniques, active strengthening exercises has been the most used techniques. Also the ability to think by my own to find variety of exercises and combination of treatment that may be more efficient or that increases the interest of the patient.

Result: Following 10 therapeutic sessions for the ankle joint, the patient felt great decrease of pain following the first day of therapy, the mobility of the ankle joint as improved progressively.

Conclusion: The therapies performed during the work placement have been effective for the patient's situation.

Keywords: Broken distal right tibia, ankle joint, mobility restriction, ankle stiffness