Abstract

Title: Case study of physiotherapy treatment of a patient with the diagnosis of pertrochanteric fracture of the left hip joint.

Thesis aim: The aim of this thesis is to initially review the anatomy, kinesiology and biomechanics underlying the patient’s condition, as well as demonstrate, analyze and evaluate the therapeutic units that were provided.

Clinical findings: This study was evaluating the state of a 40-year-old patient with the main diagnosis of pertrochanteric fracture of the left hip joint. The assessment showed reduced range of motion and mobility, with differentiation in the condition of the muscles. Also, there was atrophy of the left thigh muscles and the restricted movements.

Methods: All the used procedures were based on the literature given thought by the Charles University in Prague, Faculty of Physical Education and Sports.

Result: The patient made remarkable progress after only 6 sessions of therapy. The patient underwent great progress in terms of pain, range of motion and muscle imbalance in the area of hip. Furthermore, the therapies have shown to be very effective concerning the patient’s diagnosis.

Conclusion: The therapies that were performed were effective in this patient’s concrete diagnosis.

Keywords: Hip joint, fracture, pertrochanteric, PFN, DHS, treatment, rehabilitation, exercises.