

Abstract

Title of bachelor's thesis: Case Study of the Physiotherapy Treatment of a Patient After Bilateral Hallux Valgus Surgery

Objectives: The objective of this thesis is the collection of theoretical and practical knowledge related to the hallux valgus deformity and their application to a case study of a patient who had undergone the bilateral hallux valgus surgery.

Summary: This thesis is separated into two sections: a general section and a special section. The general section contains descriptions of the hallux valgus deformity. It first discusses the topics of anatomy of the leg, kinesiology of the leg, and biomechanics of walking. Further, it focuses on the hallux valgus deformity, its definition, etiology, development, diagnosis, and treatment, including physiotherapy methods. The special section contains the case study of patient after the bilateral hallux valgus surgery, including the input and output kinesiological analysis, short-term and long-term plan of the therapy, the design of the therapy, the description of the course of individual therapeutic units, and an evaluation of the effect of the therapy.

Conclusions: The pain in patient's right instep was successfully eliminated. The small joints were relaxed. The range of the motion of the big toe was increased and the weakened muscles were strengthened. Higher involvement of big toes in the support of standing and in the bounce to walk was observed.

Key words: hallux valgus, bilateral surgery, physiotherapy, case study