

Abstract

Title: Case study of the physiotherapy treatment of a patient after polytrauma with peripheral palsy of ulnar nerve

Objectives: The main objective of this thesis is to summarize theoretical knowledge of peripheral palsy, especially the ulnar nerve palsy. Next objective is to elaborate a detailed case study with the use of theoretical knowledge and practical skills acquired during the three years of studying the bachelor's programme, in the context of therapeutic sessions with a patient after a polytrauma who was diagnosed with ulnar nerve palsy.

Methods: The thesis consists of two main parts. The theoretical part presents an analysis of data obtained from researching available literature and aims to summarize basic information on the subject. The empirical part documents the course of the therapeutic sessions and summarizes the results of the therapy within a consistent and specialized practice. A part of the case study is initial and final kinesiological assessment, a description of the course of all performed sessions and finally an evaluation of the effect of the therapy.

Results: An experimental kinesiological assessment was conducted after seven sessions, and the results shown the accomplishment of the majority of the set objectives in a short-term therapy with a patient who was diagnosed with ulnar nerve palsy. Among notable accomplishments it is necessary to mention the improvement of the range of motion and muscular strength, which are usually very limited in cases of peripheral palsy.

Keywords: peripheral palsy, ulnar nerve, physiotherapy, case study