

Abstract

Title: Case Study of Physiotherapeutic Treatment of a Patient with the Diagnosis of State after Fracture of Proximal Part of Humerus

Objectives: To process a case study of physiotherapeutic treatment of a patient after fracture of proximal part of the humerus and following osteosynthesis with a nail. To write out complex theoretical background about stated diagnosis, about options of treatment and about following rehabilitation.

Methods: The thesis is divided into two parts, general part and special part. The general part is dedicated to theoretical knowledges about stated diagnosis, which means anatomy of the shoulder joint, kinesiology of the shoulder joint, biomechanics of the shoulder joint, options in treatment of stated diagnosis and options in physiotherapeutic intervention in the state incurred after the treatment. The second, special part is dedicated to complete case study of a patient with stated diagnosis. It contains patient's case history, initial kinesiological examination, description of therapies, output kinesiological examination and evaluation of the effect of intervention.

Results: The case study was processed during the bachelor's practical training in Centrum léčby pohybového aparátu in Prague, in January 2018. The result of physiotherapeutic treatment was reduction of pain, extending range of motion and enlarging strength of an injured shoulder. The results were objectively recorded with examinations and also subjectively noticed by the patient.

Keywords: Fracture, humerus, osteosynthesis, physiotherapy, shoulder girdle