

## **Abstract**

### **Title**

Case study of physiotherapy treatment of a patient with the diagnosis of fracture of the distal radius

### **Aim of the thesis**

The aim of the theoretical part of this thesis is to familiarize the reader with the knowledge of anatomy and kinesiology of the upper limb and to approach the problem of fractures of the forearm with a focus on fractures of the distal radius. The aim of the practical part is to describe the physiotherapeutic care of a patient with a diagnosis of the condition after a fracture of the distal radius by means of a case report using the techniques, methods and knowledge acquired during the study of physiotherapy.

### **Methodology**

The theoretical part of the thesis is elaborated in the form of a literature search. It describes all the important data related to the themes of the practical part, namely anatomy, kinesiology, hand function and grip. The traumatology side discusses possible fractures in the area of the forearm, the possibilities of treating the injuries and the most commonly used physiotherapeutic methods and the means for subsequent rehabilitation. The practical part is a case report of a patient diagnosed with a distal radius fracture, description of the whole therapeutic care, input and output kinesiological analysis, description of the individual therapeutic units and assessment of the effect of the therapy.

### **Results**

The goals of the work have been fulfilled. During treatment, patient's condition had been improved, swelling reduced, joint-play at the joints of the upper left extremity and the range of their motion improved, reflex changes on soft tissues removed, overall pain reduced, trigger-points removed, shortened muscles stretched, and fine hand movements improved.

### **Key words**

forearm, radius, fracture, case report, physiotherapy, hand