

## **Abstract**

**Title of thesis:** The case study of physiotherapeutic treatment of a patient after lesion and reinsertion of ACL

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### **Objectives:**

The purpose of this bachelor thesis is to summarize the theoretical knowledge about the knee joint, its anatomy, kinesiology, biomechanics and traumatology, focusing on the anterior cruciate ligament. Then to introduce the possibilities of treatment of its rupture and physiotherapeutic care after surgery. The goal of the practical part is to propose the therapeutically plan for patient with this diagnosis, monitoring and evaluating the effect of the therapy.

### **Method:**

This bachelor thesis consists of two parts, theoretical and practical. The first part is concerned with theoretical knowledge about the knee joint. The second part contains entry and leaving examination of a patient and a description of therapeutic units. This part was created during bachelor practice in the hospital in Kladno.

### **Results:**

Since the condition of the patient has significantly improved during the therapies, I conclude that the physiotherapeutic methods were effective.

### **Key words:**

Case study knee joint, physiotherapy, anterior cruciate ligament, ACL, lesion of ACL, reinsertion