

Abstract

Title: The case study of the physiotherapeutic care of a patient with total endoprosthesis of a knee joint

Objectives: The purpose of this bachelor thesis is the processing of case reports about one patient during the bachelor's practice, which took place in the hospital Centrum léčby pohybového aparátu. This is a case study of the physiotherapeutic care of a patient with artrotic diagnosis with implantation of total endoprosthesis of the left knee joint. The patient was hospitalized on 9 January 2019 and the surgery took place on 10 January 2019.

Methods: The thesis is divided into general and special part. The general part explains anatomy and kinesiology of the knee joint. Further, the thesis deals with the description of arthrotic disease, surgical treatment by application of endoprosthesis and physiotherapeutic care after surgery. The content of the special part is a case study of the patient. From physiotherapeutic methods, I used soft tissue techniques, Lewit's mobilization and postisometric relaxation, sensomotorcal stimulation by Janda, exercises according to muscle test and Kabat's method PNF. I used the foam balls, overball and underarm crutches during the individual therapies.

Results: The patient co-operated during all the therapeutic units very well. The patient was satisfied with physiotherapeutic care. Due to the individual results and the positive evaluation of the patient's therapy, the therapy effect can be considered as a successful. The conclusion of the thesis compares the results from the input and output kinesiological analysis and evaluates the effect of the therapy.

Keywords: knee joint, total endoprosthesis, arthrosis, case report, physiotherapy