

Abstract

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Title: Case Study of Physiotherapy: Treatment of a patient after Arthroscopic Bankart Repair.

Objectives: This thesis is divided in two general parts. The first one consists of overviewing the shoulder anatomy, kinesiology, and biomechanics. The patient's diagnosis is also presented, including the surgery. The second part presents the case study, with respective examinations provided, treatments and results after providing all the therapies.

Clinical findings: The patient is a 16 years old female rugby athlete, 5 weeks after undergoing an Arthroscopic Bankart repair, performed on the 18th of December 2019 on her right shoulder. Her range of motion is limited in all directions with slight muscle atrophy around her right deltoid area, movement pattern in abduction is altered, constant hypertonicity on the upper trapezius area, bilaterally.

Methods: All examination and treatment are based of the knowledge I have acquired in the Faculty of Sport and Physical Education of Charles University, in Prague. These include postural examination, ARoM and PRoM, muscle length and strength test, PIR, joint mobilization, soft tissue techniques, and physical activity programs adapted the patient's need. The goals of the therapies are to control existing range of motion and regain muscle strength, to prevent further shoulder instability.

Results: The patient underwent seven therapies, where significant improvement on scapular stabilizers were noticed and abduction pattern. The range of motion also improved. The recurrent hypertonicity did not significantly improve.

Conclusion: The therapies were effective, except the attempts of relaxation of the upper trapezius. This negative finding leads to the hypothesis of requiring more physiotherapy sessions working on the global picture of the patient.

Keywords: Bankart lesion, Hill-Sachs lesion, Arthroscopic Bankart repair, glenohumeral joint, dislocation.