

Abstract

Title: Case study of Physiotherapy Treatment of a Patient after Anterior Cruciate Ligament Reconstruction

Thesis Aim: This thesis is divided into two sections, the theoretical section and practical section. In the theoretical section I will explore the anatomy, kinesiology and biomechanics of the knee joint, followed by specifics about the Anterior Cruciate ligament. In the practical section I present the case study with the initial examinations, therapy progress and final examinations. Finally, I evaluated the effectiveness of my applied therapy.

Method: The rehabilitation plan involved 10 therapies over a 4 week period where I was working alongside my patient with the help and expertise of my supervisor Mgr. Martina Damborova. All treatments and examinations applied are based on the knowledge I have gained in the last 4 years at the Faculty of Sport and Physical Education, Charles University. Examinations applied include, but are not limited to, postural and gait examinations, muscle length and strength examinations, active and passive range of motion. Therapies applied include; joint mobilization, post-isometric relaxation, soft tissue techniques and a specialised physical activity program. The specialised activity program involved active movement on both stable and unstable surfaces, TheraBand use and working with gym balls. The main goals of the therapy were to improve range of motion and muscle strength of the operated leg.

Result: After 10 therapy sessions the patient could feel as well as see the improvement in her left leg. Overall range of motion and muscle strength was almost completely restored and pain was decreased. By the end of the 4 weeks the patient had greatly improved functional use of her injured leg.

Keywords: ACL lesion, ACL reconstruction, Range of motion, knee, physiotherapy, surgery.