

Abstract

Title: Case study of physiotherapy treatment of a patient with a diagnosis of condition after distal radius fracture

Objectives: The goal of this bachelor's thesis is to present the issue of distal radio fractures, based on the available literature and the elaboration of a case report, which describes the course of therapy of a patient after a distal radio fracture.

Methods: The work consists of two parts. The general part describes the anatomy and kinesiology of the forearm and the hand. It contains the classification of fractures according to AO, diagnosis, and healing of fractures, as well as possible procedures for fracture therapy. Attention is then specifically focused on fractures of the distal radius, their classification, and the possibilities of physiotherapeutic care for the condition after. The second part contains a case report of physiotherapeutic care for a patient diagnosed with condition after a distal radius fracture, compiled at the MediCentrum in Prague in January 2021. The report provides the input and the output of kinesiological examination, a description of the course of individual therapies and the evaluation of the therapy.

Results: During the therapy, the patient's condition improved in the following areas: reduction of swelling and pain, extension of joints, elimination of reflex changes in the soft tissues, stretching of the shortened muscles, improvement of hand function for ADL activity and restoring of joint-play.

Keywords: physical therapy, fracture, distal radius, rehabilitation, forearm