

## **BACHELOR THESIS ABSTRACT**

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**Title:**

Physiotherapy in patients after anterior cruciate ligament reconstruction

**Abstract:**

The bachelor's thesis deals with the issue of LCA injuries in the knee joint. The aim of this work is to evaluate the effect on physiotherapeutic interventions on two selected patients after LCA replacement using different autologous grafts. The work consists of theoretical and practical parts. The theoretical part includes the anatomy and kinesiology of the knee joint, epidemiology, etiology, symptomatology, diagnosis and treatment of LCA injuries. This section also describes a comprehensive rehabilitation program in various phases. In the practical part, two case studies of men who were selected on the basis of certain selection criteria are processed. The key methods of data collection were Timed up and go test, Body mass index, numerical pain scale, anthropometric examination, examination of the range of motion, examination of muscle strength, examination of shortened muscles and examination of standing on two personal scales. Based on overall results, it was found in both case studies that the undertaking of physiotherapeutic interventions resulted in a significant improvement of the postoperative condition.

**Key words:**

anterior cruciate ligament, knee joint, injury, rehabilitation