

## **Abstract**

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**Title:** Case Study of Physiotherapy Treatment of a Patient after Implantation of Total Knee Endoprosthesis

**Objektive:** The aim of this bachelor's thesis is processing a case study of patient with total knee replacement during the continuous practice and writing up theoretical information of this topic.

**Methods:** The elaboration of the case study of the patient was made during continuous professional practice in Rehabilitation clinic Malvazinky which lasted from 11<sup>th</sup> January to 5<sup>th</sup> February 2021 under the expert guidance of Bc. Lenka Hrdličková. The anamnesis was taken and then the initial kinesiological examination was performed. 8 therapeutic sessions were coming up lasted from 30 to 45 minutes. These methods were applied: Lewit's postizometric relaxation, Janda's postizometric relaxation with stretch, analytic strengthening and Kabat's PNF for strengthening weak muscles, sensorimotor stimulation of Janda and Vávrová. In the end the exit kinesiological examination was performed and the effect of the therapy was evaluated.

**Results:** After finishing the therapeutic sessions the pain of the knee joint was reduced and the pain of the calf was eliminated. The swelling of the knee joint and the calf was reduced. Flexion of the knee were increased by 35° by active motion, the flectional position of the knee were reduced by 5°. M triceps surae, m. iliopsoas and flexors of the knee joint were stretched. Muscle strength of extensors and flexors of the knee, extensors, flexors and abductors of the hip joint were raised. The gait got better.

**Key words:** total knee endoprosthesis, knee joint, gonarthrosis, physical therapy, case study