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Attachment No. 1 - List of abbreviation

L = Left

R = Right

LE = Lower extremity

LLE = Left lower extremity

RLE = Right lower extremity

l.sin = Latero sinister

m. = Musculus

CNS = Central nervous system

ATFL = Anterior talofibular ligament

CFL = Calcaneofibular ligament

PTFL = Posterior talofibular ligament

ATTL = Anterior tibiotalar ligament

DPTTL = Deep posterior tibiotalar ligament

AITFL = Anterior inferior tibiofibular ligament

PITFL = Posterior inferior tibiofibular ligament

ITFL = Interosseous tibiofibular ligament

SPR = Superior peroneal retinaculum

CAI = Chronic ankle instability

PIR = Post isometric relaxation

MCP = Metacarpo phalangeal

Hz = Hertz

mT = milli tesla

n. = Nervus

IAP = Intra abdominal pressure

TrP = Trigger point

MET = Muscle energy technique

ADL = Activity of daily living

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Figure 3 - Kinesio tape medial view



Figure 4 - Kinesio tape anterior view

Attachment No.5 - Ethics committee approval

CHARLES UNIVERSITY
FACULTY OF PHYSICAL EDUCATION AND SPORT
Josef Martího 31, 162 52 Prague 6-Vešelavín

Application for Approval by UK FTVS Ethics Committee

of a research project, thesis, dissertation or seminar work involving human subjects

The title of a project: Case Study of Physiotherapy in ankle distortion with ligament strain

Project form: Bachelor thesis

Period of realization of the project: January 2022 – August 2022

The research will be carried out in accordance with the valid epidemiological measures of the Ministry of Health of the Czech Republic.

Applicant: Filip, Hulinský, UK FTVS department of Physiotherapy

Main researcher: Filip, Hulinský, UK FTVS department of Physiotherapy

Workplace: Centrum léčby pohybového aparátu (CLPA)

Co-researcher(s):

Supervisor: Mgr. Kateřina Maršáková

Financial support: no financial support

Project description: Writing Bachelor's thesis based on my patient diagnoses. My patient had an ankle distortion with strained ligamentus lateralis. Methods for therapy will include soft-tissue, manual methods, stability training, strength training, sensomototics, and joint mobilizations. My therapies will include equipment such as: overball, different types of pads, theraband, stability board, and posturomed.

Characteristics of participants in the research: There is 1 participant whose injury (ankle distortion) I will treat. My patient is male and 58 years old. It is a patient that has been assigned to me in CLPA, which is a work placement where I'm doing by Bachelor's practice. Patients with acute (especially infectious) diseases do not participate in therapy.

Ensuring safety within the research: The patient will not be in any risk. All techniques that I will use are not dangerous for health of my patient, further more I will have my supervisor there with me to control my technique. The supervisor name is Bc. Tereza Lavingerová. Non-invasive methods will be used only. Risks of the research will not be higher than the commonly anticipated risks for this type of research.

Ethical aspects of the research: Data will be collected in line with the rules given by European Union no. 2016/679 and the Czech Act no. 110/2019 Coll. – on personal data processing.

The collected data will be anonymized within one week after the end of working with the patient. I understand that anonymization means that the text does not use any item of information or combination of items that could lead to the identification of a person. I will be careful not to enable recognition of a person in the text of the thesis, especially within the anamnesis. After the text has been anonymized, any personal data still kept elsewhere will be deleted.

Photographs of the participant will be anonymized within one week after being taken by blurring the face, parts of the body or any characteristics that could lead to identification of the person. After anonymization any non-anonymized photographs will be deleted.

All collected data will be safely stored on a PC safeguarded by a keyword in a locked room, any data in paper form will be kept safely under lock and key in a locked room. The data will be processed, safely retained and published in an anonymous way in the bachelor thesis.

Photographs: Photographs of the participant will be anonymized within one week after being taken by blurring the face, parts of the body or any characteristics that could lead to identification of the person. After anonymization any non-anonymized photographs will be deleted.

All collected data will be safely stored on a PC safeguarded by a keyword in a locked room, any data in paper form will be kept safely under lock and key in a locked room. The data will be processed, safely retained and published in an anonymous way in the bachelor thesis.

I shall ensure to the maximum extent possible that the research data will not be misused.

Informed Consent: attached

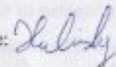
It is the duty of all participants of the research team to protect life, health, dignity, integrity, the right to self-determination, privacy and protection of the personal data of all research subjects, and to undertake all possible precautions.

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Jose Martího 31, 162 52 Prague 6-Vešelavín

Responsibility for the protection of all research subjects lies on the researcher(s) and not on the research subjects themselves, even if they gave their consent to participation in the research. All participants of the research team must take into consideration ethical, legal and regulative norms and standards of research involving human subjects applicable not only in the Czech Republic but also internationally.

I confirm that this project description corresponds to the plan of the project and, in case of any change, especially of the methods used in the project, I will inform the UK FTVS Ethics Committee, which may require a re-submission of the application form.

In Prague, 13.01.2022

Applicant's signature: 

Approval of UK FTVS Ethics Committee

The Committee: Chair: Doc. PhDr. Irena Parry Martínková, Ph.D.
Members: Prof. PhDr. Pavel Slepíčka, DrSc. Prof. MUDr. Jan Heller, CSc.
PhDr. Pavel Hráský, Ph.D. Mgr. Eva Prokešová, Ph.D.
Mgr. Tomáš Ruda, Ph.D. MUDr. Simona Majorová


The research project was approved by UK FTVS Ethics Committee under the registration number: 041/2022
Date of approval: 14.1.2022

UK FTVS Ethics Committee reviewed the submitted research project and found no contradictions with valid principles, regulations and international guidelines for carrying out research involving human subjects.

The applicant has met the necessary requirements for receiving approval of UK FTVS Ethics Committee.

UNIVERZITA KARLOVA
Fakulta UK FTVS vy a sportu
Jose Martího 31, 162 52, Praha 6

- 20 -


Signature of the Chair of
UK FTVS Ethics Committee

Attachment No.6 - Informed consent

UNIVERZITA KARLOVA
FAKULTA TĚLESNÉ VÝCHOVY A SPORTU
Josef Martího 31, 162 52 Praha 6-Vešleslavín

INFORMOVANÝ SOUHLAS

Vážená paní, vážený pane,

v souladu se Všeobecnou deklarací lidských práv, nařízením Evropské Unie č. 2016/679 a zákonem č. 110/2019 Sb. – o zpracování osobních údajů, Helsinskou deklarací, přijatou 18. Světovým zdravotnickým shromážděním v roce 1964 ve znění pozdějších změn (Fortaleza, Brazílie, 2013) a dalšími obecně závaznými právními předpisy Vás žádám o souhlas s prezentováním a uveřejněním výsledků vyšetření a průběhu terapie prováděné v rámci praxe na¹, kde Vás příslušně kvalifikovaná osoba seznámila s Vaším vyšetřením a následnou terapií. Výsledky Vašeho vyšetření a průběh Vaší terapie bude publikován v rámci bakalářské práce na UK FTVS, s názvem²

Cílem této bakalářské práce je

Získané údaje, fotodokumentace, průběh a výsledky terapie budou uveřejněny v bakalářské práci v anonymizované podobě. Osobní data nebudou uvedena a budou uchována v anonymní podobě. V maximální možné míře zabezpečím, aby získaná data nebyla zneužita.

Jméno a příjmení řešitele Podpis:.....

Jméno a příjmení osoby, která provedla poučení³..... Podpis:.....

Prohlašuji a svým níže uvedeným vlastnoručním podpisem potvrzuji, že dobrovolně souhlasím s prezentováním a uveřejněním výsledků vyšetření a průběhu terapie ve výše uvedené bakalářské práci, a že mi osoba, která provedla poučení, osobně vše podrobně vysvětlila, a že jsem měl(a) možnost si řádně a v dostatečném čase zvážit všechny relevantní informace, zeptat se na vše podstatné a že jsem dostal(a) jasně a srozumitelně odpovědi na své dotazy. Byl(a) jsem poučen(a) o právu odmítnout prezentování a uveřejnění výsledků vyšetření a průběhu terapie v bakalářské práci nebo svůj souhlas kdykoli odvolat bez represí, a to písemně zasláním Etické komisi UK FTVS, která bude následně informovat řešitele.

Místo, datum

Jméno a příjmení pacienta Podpis pacienta:

Jméno a příjmení zákonného zástupce⁴

Vztah zákonného zástupce k pacientovi Podpis: