ABSTRACT

Title: Adherences to Motoric Activities of People with a Total Knee Arthroplasty

Objective:

Based on availabe information analyze possible motoric activities of people with a total knee arthroplasty. To determine their physical possibilities and use. Based on the indicated data prepare and aply excercising program of algorithmic series.

Method:

We employed the form of "Case – Graduation Thesis" with application of a model motoric program. The data were gained by examination of the locomotive apparatus, motoric stereotypes, and a public inquiry.

Results:

During the realisation of the exercise program of algorithmic series, stimulation and activation of a locomotive apparatus were reached. Activities connected with a physical effort positively influenced psyche in connection with managing more everyday activities. Adherence to motoric activities of the monitored people was diverse.

Keywords:

Adherence, Exercise Program of Algorithmic Series, Motoric Stereotypes, Total Knee Arthroplasty