

Abstract

Title: Case Report: Physiotherapeutic Treatment of a Patient Diagnosed with a Bimalleolar Ankle Fracture

Thesis goal:

The goal of this thesis is to present a theoretical outline of a bimalleolar ankle fracture diagnosis and a practical survey of the respective conservative medical treatment. The material and evidence required for these were gathered during a practical training experience in Kladno hospital.

Methodology:

The theoretical part of this thesis includes theoretical matter from the fields of anatomy, kinesiology, biomechanics, traumatology, and types of physiotherapeutic treatment of bimalleolar ankle fracture.

The following special part of this thesis discusses the methodology, collects anamnesis data and includes the initial kinesiological check-up on the basis of which a suitable therapy and a short-term physiotherapeutic schedule was designed. This part of the thesis further consists of an account of individual therapeutic procedures and of the final kinesiological check-up which is compared to the initial check-up. In conclusion, there follows an argumentation of the efficiency of the chosen physiotherapeutic methods.

Key words: physiotherapy, case report, ankle joint, fracture