

The title of the work:

The effect of physiotherapy of the proximal humerus fractures

Abstract:

This work discusses the effect of physiotherapy of the proximal humerus fractures. The main objective is to compare the effect of physiotherapy in two patients with same diagnosis, except that one patient is treated surgically and the other conservatively.

The theoretical part of this work contains description of the anatomical aspects of the humerus and the shoulder joint and shoulder joint kinesiology. The section addressing the actual fracture of the proximal humerus describes its injury mechanism, classification, diagnosis, treatment, potential complications and prognosis. The theoretical part is closed with a chapter describing the physiotherapy after proximal humerus fractures, where the reader can find the physiotherapeutic procedures in surgical and conservative treatment.

The practical part describes the methodology of the work, the research sample, the main question and the target of this work. This part also includes two case studies and based on their results the main question of this work is answered. The effect of therapies is compared by using Constant Score Technique – the scoring system invented to assess the function of the shoulder joint.

Key words: physiotherapy, conservative treatment, osteosynthesis, proximal humerus, shoulder joint, fracture