

ABSTRACT

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Title: Methods of physiotherapy after fracture of the distal forearm

Abstract: The thesis deals with the issue of distal forearm fractures and subsequent physical therapy. The theoretical part contains an anatomical description and the kinematics of the forearm and the hand. The next chapter is about injuries to the skeletal system – fractures and their healing and classification. The part focusing on distal forearm fractures describes the mechanism of the occurrence of the injury, possible complications and finally the conservative therapy (the surgical therapy is briefly mentioned as well). The theoretical part concludes with a chapter about physical therapy in patients after conservative treatment. The practical part contains the methodology, the definition of the objective, the characteristics of the chosen group and the applied methods. This is followed by the description of the cases of two patients after distal radius fractures, treated in a conservative manner. The course of the physical therapy has been monitored, and its outcome is assessed in conclusion.

Keywords: fracture, forearm and hand, conservative treatment, physical therapy