

Objective:

The aim of this Bachelor Thesis research is based on understanding the functional features of the knee joint, the mechanism of patella fracture and focusing on the main principles and procedures of the therapy before reconstruction.

Methods: The study lasted for a period of two weeks. The rehabilitation plan which was executed during the two weeks for five sessions went accordingly. Range of motion exercises, PIR as well as sensomotoric and and proprioceptive stimulation exercises were performed on each day, including mobilization of restricted joints and strengthening and stretching exercises for weak and short muscles respectively.

Results: After the five therapeutic sessions, I took a final kinesiological examination in order to compare the results with the initial examination and the results showed an increase in the range of motion of the knee in both extension and flexion.