

Abstract

Title: Case Study of A Physiotherapy Treatment of A Patient with The Diagnosis of Trimalleolar Fracture.

Aim: The aim of this bachelor's thesis is to learn about the case of bilateral ankle fracture at the theoretical and also the practical level.

Method: The thesis is based on current research in regards to the pertinent topic. The theoretical part presents a description of the anatomic structure and function of the ankle joint, the kinesiology of the foot and the biomechanics of walking. Next, it contains description of traumatology of the ankle area with the focus on fractures, diagnostic methods, treatment and physiotherapy approach and methods after ankle fractures. The practical part is conceived a case study. The work includes an anamnesis of a patient and an input kinesiology analysis. On the basis of this analysis is determined the aim and course of action of the physiotherapy approach. Finally, the thesis includes the progress of individual therapeutic units, an output kinesiology analysis and a therapy efficiency evaluation.

Key words: ankle joint, fracture, rehabilitation, physical therapy, case study