

## **Abstract**

**Title:** Case study of physiotherapy treatment of a patient with the diagnosis of the fracture of the distal radius

**Goals:** The goal of the first part is to summarize theoretical information, to peruse sources of the fracture of the distal radius, the frequency of occurrence of fracture, methods of treatment of this injury and therapeutic methods and procedures

physical therapy. A second part is prepared on the basis of case studies of a patient. There is also an application of my choice of therapeutic methods and techniques which I used in therapy.

**Methodics:** This work is focused on physiotherapy treatment of patients with the diagnosis of fracture of the distal radius. In the general part are theoretical knowledge of anatomy and functional kinesiology of antebrachium and hand. Then I describe the fractures of the distal antebrachium, mechanism of injury, their treatment, complications, physiotherapeutic methods and procedures of physical therapy. The practical part is the describing the application of the theoretical knowledges about the diagnosis. It contains incoming kineziological assessment, goals of therapy, short- and long-term rehabilitation plan. This part is also describing the process of therapeutical units, outgoing kineziological assessment and final evaluation of the therapy.

**Results:** During the therapy, there was positive effects of reflex changes of soft tissue, pain reduction, reduction of swelling, restoration the joint play, increasing range of motions, stretching shortened muscles and increasing muscle strength.

**Key words:** Antebrachium, radius, hand, fracture, physiotherapy, casuistry