

Abstract

Title:

Case study of physiotherapy treatment of patient with Achilles tendon rupture.

Goal:

The goal of this thesis is to present the information and the rehabilitation plan for Achilles tendon rupture that the patient went under with, in the theoretical and the practical part. In the theoretical part is presented the historical data, the anatomy of lower extremities, kinesiology and biomechanics of ankle joint, types of injuries and rehabilitation, etiology and clinical picture and last a special test for this type of injuries. In the practical part is presented the case study of a female patient, 38 years old, in a period of 2 months and 20 days of post operated state of Achilles tendon rupture. The goal from the practical part is to present the examinations, the therapeutic approach and the conclusions that were made after the rehabilitation process of the patient.

Methods:

Methods used for the rehabilitation of the patient were focused on soft tissue techniques, isometric exercises, sensomotoric, balance and breathing exercises and muscle strengthening and stretching. They were made eight therapy sessions with each one lasting from 30-60 minutes and two additional sessions for initial and final kinesiologic examination.

Results:

During a period of two weeks, the patient showed a remarkable increase of the active and passive range of motion of the ankle joint, and most importantly the patient stated a decrease of the level of the pain and her ability to walk more sufficient.

Conclusion:

According to the finding of the initial kinesiologic examination, the therapy that was provided and the final kinesiologic examination, the patient showed a great improvement, even though time was not by her side and the results went as they were planned to. She was fully active, cooperating at all times and she had the will to improve her state and her ankle's functionality.