

Abstract

Title: Flexor tendon pulley lesion as a most frequent injury in sport climbing

Specification of the problem: This thesis is focused on the most frequent injury of the hand in sport climbing. It describes the mechanism of the injury and possibilities of conservative and surgical treatment according to the given guidelines in dependence on its relevance.

Objectives: The aim of this thesis is the literary review of accessible literary resources from the field of anatomy, kinesiology and biomechanics of the hand and flexor tendon pulley in connection with a sport activity. Furthermore it is aimed on an analysis why is the flexor tendon pulley injury the most frequent injury in sport climbing, and on methods how to treat this injury in the most effective way from the beginning till the return to the full performance based on therapeutic guidelines created by Dr. Schöffl nad Dr. Hochholzer. This thesis should serve as a therapeutic manual for the Czech sport climbers suffering from this type of injury, which is generally very often underestimated and not treated sufficiently.

Methods: This diploma thesis has descriptively-analytical character and is structured as a literary review.

Keywords: tendon pulley, hand, sport climbing, physiotherapy, conservative treatment