

## **ABSTRACT**

**Title:** Case study of physiotherapy treatment of a patient after fracture of the proximal humerus.

This thesis was written during the work experience from 12.1.2015 to 6.3.2015 in Ústřední vojenská nemocnice in Prague and is divided into two parts – theoretical and special.

Theoretical part of bachelor thesis consists of theoretical knowledge of physiotherapy treatment after fractures of the proximal humerus treated by osteosynthesis. It contains anatomy, kinesiology, traumatology and orthopedics. It also deals with proximal humerus fractures and their treatment. Schedule of physiotherapy treatment and physical therapy for this diagnosis is also included.

The special part describes the case study of a male patient after the osteosynthesis of the proximal humerus. This part includes an anamnesis and an initial kinesiological analysis, which determines target of therapy and short-term and long-term plan. It also contains complete process of therapy and a final kinesiological analysis. The effect of therapy is described too.

**Key words:** fracture, proximal humerus, osteosynthesis, bone healing process, rehabilitation, physical therapy.