

Abstract

Title: The case study of the physiotherapy care of a patient with myotonic dystrophy II. type

Objectives: The main aim of this thesis is summarization of theoretical information about myotonic dystrophy of II. type, elaboration casuistry of physiotherapeutic patients with this diagnosis and assessment of effectiveness of applied physiotherapeutic procedures.

Methods: This thesis is divided into two main parts. First part is dedicated to summarization of theoretical knowledge concerning anatomical, kinesiology, physiologic and pathophysiologic aspects of this diagnosis. Second part is practical. It is dedicated to casuistry elaboration of patient with myotonic dystrophy of II. type diagnosis. Initial examination, short-term and long-term assessment plan, plan of individual therapy sessions, final examination and assessment of the therapy effectiveness are included in this part as well. The practical part of this thesis was developed during practical internship at Nemocnice na Bulovce, starting 4 January and ending 29 January 2016.

Results: The aims of this thesis were fulfilled. Patient has improved stabilization ability, and also stabilization while standing. Moreover, improvement of selected movement stereotypes and active mobility of the cervical spine were improved as well.

Keywords: myotonic dystrophy, myopathy, physiotherapy