

Abstract

Title: Case study of physiotherapy treatment of a patient with diagnosis of bilateral gonarthrosis – grade 3, with varus deformity of the right knee

Thesis aim: The aim of this thesis is to initially review the anatomy, kinesiology, and biomechanics underlying the patient's condition demonstrate and then analyze and evaluate the therapeutic units that were provided.

Clinical findings: This study was evaluating the state of a 72-year-old patient with the main diagnosis of bilateral gonarthrosis and additional conditions as shoulder pain and ankles stiffness. The assessment showed reduced mobility and joint play with differentiation in the condition of the muscles as well as misalignment of the knee joint. There was deformity of the right ankle joint and bilateral stiffness. The shoulder joint has been painful with decreased mobility and muscle impairments.

Methods: All the used procedures were based on the literature given thought by the Charles University in Prague, Faculty of Physical Education and Sports.

Result: Following 14 therapeutic sessions for all three problematic areas, the patient underwent great progress in terms of pain, range of motion and muscle imbalance in the shoulder and knee joints, and moderate progress in the ankle joints.

Conclusion: The therapies that were performed were effective in this concrete diagnosis of the patient.

Keywords: Gonarthrosis, Osteoarthritis, Knee joint, Varus deformity, Shoulder joint, Shoulder pain, Ankle stiffness