

Abstract

Title: Case study of physiotherapy treatment of a patient after osteosynthesis of the lateral femoral condyle

Objectives: The main objective of this work is to get acquainted with the diagnosis - with knee injury and osteosynthesis of the lateral femoral condyle. In the general part of this work is elaborate literary research, in this part we will acquainted in more details: with fractures of the distal femur, with their orthopedic solutions and subsequent physiotherapy. In the next we will learn about anatomical, biomechanical and kinesiological description of the knee joint, with a complete examination of the knee joint and with physiotherapy of this joint. In the special part of this work is described complete therapy of the patient after osteosynthesis of the lateral femoral condyle. This therapy was proceeded between 10 and 31 day after osteosynthesis.

Methods: For the development of this thesis was used method analysis of scientific literature, his comprehensive procesing and classification under the assigned theme which is located in the general part of work. In the special part of this work was used acquired knowledge form the study of physiotherapy at the Fakulty of Physical Education and Sport, Charles Univesity. Simultaneously foundation for the special part of work were obtained during professional experience in the Oblastní nemocnice Kladno, a.s. in the period from 23. 1. 2017 to 17. 2. 2017.

Results: In this work was developed detailed case study of patient with the diagnosis and literary research on the topic. This work (in the main the therapy) was helpful to improve overall condition of the patient and reduction of her difficulties, which is described with more details in a special part of evaluation in the effect of therapy.

Keywords: **break, distal femoral epiphysis, fracture, knee joint, rehabilitation, swelling, thigh-bone**