

Abstract

Title:

Casuistry of physiotherapy care of a patient after ACL reconstruction

Objectives:

Summary of theoretical knowledge related to the issue of convalescence after anterior cruciate ligament reconstruction using autograft from patellar ligament in terms of physiotherapy and processing of a physiotherapy care casuistry of a patient with complete anterior cruciate ligament tear treated by this surgical technique, proposing a therapy based on the initial examination, monitoring the process of the therapy and evaluating its results.

Summary:

The thesis is divided in two parts, the theoretical part and the special part. Theoretical part contains review of a literature discussing anatomy, kinesiology and biomechanics of a knee joint. Furthermore, it describes importance of ligamentous apparatus focused on the anterior cruciate ligament and consequence of its dysfunction for stability of a knee joint. Conclusion of this part is devoted to damages of an anterior cruciate ligament, description of the surgical technique using autograft from the patellar ligament and eventually to subsequent physiotherapy care. The special part is more extensive and forms the case study of a patient after anterior cruciate ligament reconstruction. It contains methodology of the casuistry, input kinesiology analysis, short-term and long-term therapeutic plan, therapy process records, output kinesiology analysis, and evaluation of the therapy results.

The chosen therapy decreased soreness and swelling in the knee joint and its surroundings, it increased range of motion in the knee joint, maintained muscle strength, restored joint play of some joints and muscle tonus and improved stretchability of some soft tissues.

Key words: ACL reconstruction, ACL surgery, physiotherapy after ACL reconstruction