

Abstract

Title: Case study of physiotherapy treatment of patient with Ischemic stroke and hemiplegia affected the left side of his body.

Goals:

To show the full kinesiological assessment, special therapy approaches and therapy effect during 7 sessions. The theoretical part explains the clinical picture, physiological, pathophysiology, aetiology, categories, pharmacotherapy and surgical intervention of the stroke. And the main goal of the practical part is to present the examinations, the therapeutic approaches and the conclusion that were made after the rehabilitation process with the patient.

Methods:

During my clinical practice, we used the main structure for the Kinesiological assessment according to the Prague School approaches. Manual muscle testing according to Kendall (2005) and Janda (2013) were also used (under the instructions and the protocols from the Kladno hospital). Finally, we applied final kinesiological assessment to compare the patient situation before and after the therapy and to see the effect of our work.

Results:

As a result of our work we found that the therapy course shows some noticeable results in increasing the ROM and the function of the affected upper extremities. However, significant improvement in patient stability and in overall condition appeared, which influence the improvement in ADL and increase the self-reliance on the patient.

Keywords: Stroke, Ischemic, Approaches, ROM, PNF, DNS, Physiotherapy, Rehabilitation, Treatment.