

Abstract

Title: Case study of a physiotherapy treatment of patient with Arthritis of the wrist joints.

Název: Kazuistika fyzioterapeutické péče o pacienta s diagnózou artróza zápěstních kloubů

Aim

The aim of my bachelor thesis is to analyze the diagnosis of my patient and find a proper therapeutic plan for his health care and to prevent any further complication. Moreover I will be able to understand the function and the structure of wrist joint.

Summary

My bachelor thesis is divided into two main parts. The first part is called general part and I mention a brief description of the anatomy, kinesiology and biomechanics of the wrist joint. Etiopathogenesis and proper therapeutic plan is mentioned below. The second part which is the practical (special) part give us all the proper information about the patient's anamnesis, all the examination that where performed and also my therapeutic plan that I proceed to my patient for six days by using special strengthening exercises, Propriomed, myorelaxation techniques and modalities like magnetotherapy.

Results

After six sessions the situation of my patient was improved. The main goals have been accomplished. The pain was decrease and there was greater ROM of the wrist joint. The patient was able in the end to be active and confident without the sign of pain which was the main problem.

Key words: wrist, arthritis, physiotherapy, range of motion, exercise