

Abstract

Title: Case Study of Physiotherapy Treatment of a Patient with the Diagnosis of Anterior Cruciate Ligament Reconstruction.

Thesis aim: The thesis is split into two parts; 1) Theoretical part. 2) Practical part (Case Study). The theoretical part will show an overview of the anatomy, kinesiology and biomechanics of the knee joint, as well as how an anterior cruciate ligament injury is commonly obtained, the reconstruction surgery procedure, and the therapy used by the therapist in the rehabilitation process. In the practical part, I shall apply this theoretical knowledge, as well as the knowledge of examinations and therapies that I have learned during my degree on to a patient with the diagnosis of anterior cruciate reconstruction, analysing the results.

Clinical findings: The patient was a 24 year old female, with a diagnosis of anterior cruciate reconstruction of the left knee, performed by an allograft 6 weeks prior. The main clinical findings were a range of motion deficit in the operated knee in both flexion and extension, as well as general weakening and atrophy of the muscles in this side.

Procedures: The procedures used were based on those taught by Charles University in Prague, Faculty of Physical Education and Sport. These included but were not limited to; post isometric relaxation, joint mobilisation, and soft tissue techniques according to Lewit, length and strength measurements according to Kendall as well as my own exercises based on my theoretical knowledge.

Result: Following 8 therapy sessions, there was an increase in range of motion in of the knee in both directions, as well as an increased gait quality and general strength improvement of the lower extremity on the operated side.

Conclusion: The physiotherapeutic procedures that were performed had a definite positive effect on the patients situation.

Keywords: anterior cruciate ligament, allograft, range of motion, weakness of operated extremity,