

Abstract

“Physiotherapy Case Study of Rheumatoid Arthritis.”

The following Bachelor thesis case study was taken place at the Institute of Rheumatology, Prague, Czechia, for 2 weeks of period. The practice was carried under the supervision and guidance of Markéta Mikulášová.

The main objective of this case study is to analyse the diagnosis of the patient with rheumatoid arthritis. Physiotherapeutic planned methods were executed on the rheumatoid arthritis patient to reach an optimal healthy state of the patient and to prevent any further complications.

The thesis is divided into two main parts. Firstly, the Theoretical part which includes basic general outlook of the disease rheumatoid arthritis. Secondly, the main Practical part of the thesis, which includes the overall analyse of the patient with rheumatoid arthritis. Containing all the physiotherapy examinations required regarding the disease, followed by the therapy sessions done to achieve all the goals that were deducted from the examination, final physiotherapy examination in order to compare the changes or goals achieved from the initial examinations and lastly the results conclusion.

The main goal of the therapy was to reduce the pain of the patient, improve the ROM especial of the hands for the ADL and delay the progressions of the deformity. The methods used mainly for the case therapy were manual techniques and exercises to improve the ROM, along with sensorimotor stimulation and myofascial release to ease the tension on the extremities. No invasive methods were used.

On the bright side, due to patients dedication and will to participate anxiously in the therapy program helped in resulting improved ROM especially of the hands and fingers, along with the activation felt in the lower limb, which was not felt in last 3 years. The hypothesis concludes that due to continue therapy and pharmacology patient has chances of positive recovery from the disease prognosis.