

Abstract

Title: Case study of physiotherapy treatment of the patient after the osteosynthesis of trimalleolar fracture

Author: Michaela Pešková

Aim: Introduction to the problem of osteosynthesis of the ankle and its subsequent rehabilitation, understanding both the theoretical and practical aspects of diagnosis.

Methods: The study was proceeded in connection with the continuous practical experience in Malvazinky rehabilitation in the period 8.1.-2.2.2018. The theoretical part was elaborated by the research literature, includes facts from the field of anatomy, kinesiology and biomechanics, describes the various operational approaches. The practical part was processed as a case report of patient after osteosynthesis of the ankle after an accidental trimalleolar fracture. It contains both a detailed description of the input and output kinesiological analysis and an overview of the individual therapeutic units and their effect.

Results: From the comparison of the input and output kinesiological analysis, improvement of the patient's condition is evident, especially in terms of swelling, joint motion and muscle strength. It can be said that the therapy had a positive effect on the patient and improved her condition.

Key words: ankle joint, osteosynthesis, trimalleolar fracture, rehabilitation, physiotherapy