

Abstract

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Title: Case Study of Physiotherapeutic Treatment of a Patient with Systemic Sclerosis

Objectives: The aim of this bachelor thesis is to study and elaborate the theoretical knowledge about the diagnosis of systemic sclerosis and to elaborate a case report of one patient with this diagnosis.

Methods: All methods applied through the therapy were based on literature and lectures from Charles University Faculty of Physical Education and Sport. The methods mainly consisted of soft tissue techniques, joint mobilizations, Post Isometric Relaxation, Proprioceptive Neuromuscular Facilitation, stretching, and respiratory physiotherapy. The patient additionally received occupational therapy at the hospital.

Results: The patient was independent after 11 therapeutic units. The main improvement was in the increased range of motion of the right shoulder joint and improved soft tissues on the periphery of the upper extremities.

Conclusion: Most of the therapies performed on the patients were effective.

Keywords: systemic sclerosis, Raynaud's phenomenon, rheumatology, physiotherapy