

Abstract

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Title: Case report of physiotherapeutic care of a patient after total knee arthroplasty

Objectives: The goal of this work was to create a case study of physiotherapeutic care for a patient after total knee arthroplasty, present facts concerning the theoretical background related to gonatrosis, total knee arthroplasty and description of physiotherapeutic care for such a patient.

Methods: In the theoretical part of the thesis, I summarize the facts regarding the basic anatomy of the knee joint and its kinesiology. I present the topic of gonarthrosis, total knee arthroplasty and rehabilitation. A special part of the work includes a case study of a patient, which was carried out at the Beroun Rehabilitation Hospital between January and February 2024. At the beginning of the therapy, the patient's medical history was taken and an initial kinesiological examination was carried out, on the basis of which short-term and long-term rehabilitation goals were developed. This was followed by 8 therapeutic units that followed the set goals. The therapy was concluded by performing an exit kinesiology examination and evaluating the effect of the entire therapy.

Results: Physiotherapy care given to the patient led to an improvement in his clinical condition. There was an increase in range of motion, strengthening of the muscular apparatus and reduction of swelling of the left knee joint. Reflex changes on the left lower limb such as blockages, muscle hypertonus were removed and the mobility of the surgical scar was improved. Breathing stereotype, walking stereotype and muscle shortening were influenced.

Keywords: total knee arthroplasty, knee joint, physiotherapy, case study, gonarthrosis