

Abstract

Title: The case study of physiotherapy treatment of a patient after subacromial decompression and suture of rotator cuff tear

Objectives: The purpose of the Bachelor thesis is to summarize the theoretical knowledge about rotator cuff tendon injuries. The practical part focuses on a case study of a patient with this diagnosis. Another objective is to emphasize the importance of physiotherapeutic care after a surgery.

Methods: This thesis was created on the basis of a four-week continuous internship at MediCentrum Prague, in the period from 6 January 2020 to 31 January 2020, under the guidance of physiotherapist Vojtěch Opl. The work includes two main parts: theoretical and practical. The theoretical part summarizes the knowledge of the rotator cuff and its injuries. The practical part analyses a detailed physiotherapeutic case report of the patient after suturing the rotator cuff.

Results: The practical part proposes the final kinesiological analysis and evaluates the effect of the physiotherapy, which showed a distinct improvement in the patient's condition after seven therapeutic units. The most significant development was the increase in the range of motion in the left shoulder joint.

Keywords: case study, shoulder joint, rotator cuff, impingement syndrome, physiotherapy