

## **ABSTRACT**

**Author:** David Kakos

**Title:** Case study of physical therapy of a patient with diagnosis of distal radius fracture.

**Aims:** The goal of the theoretical part of this bachelor thesis is an introduction to the problems associated with distal radius fractures followed by possibilities of treatment and physical therapy. The practical part is focused on designing a therapy plan, leading and influencing patient through it and observing our outcome.

**Methods:** This bachelor thesis consists of two sections which are theoretical and practical. The theoretical part is about anatomy and kinesiology of forearm and hand, classification of distal radius fractures and their possible complications followed by treatment and physical therapy of a patient with this diagnosis. In the practical part you can find complex entrance kinesiology examination and physical therapy plan set for the patient. There is also a process of working on patient's handicap and kinesiology examination, results and evaluation after the treatment.

**Results:** The therapy process had a positive effect on my patient and her medical condition had gradually improved. There was a significant reduction of pain and swelling on her left hand and wrist. Also there was a restoration of joint play of small joints on her left hand, an increase of a range movement of wrist and a loosening and stretching of hypertonicity muscles.

**Keywords** physical therapy, fracture, radius, forearm, hand