

Abstract:

This bachelor thesis deals with the problem of ankle sprains and the use of kinesiotape. The aim of the thesis is to describe and use the application of kinesio tape according to Brian Mulligan concept in patients after ankle sprain. The bachelor thesis is divided into two parts, theoretical and practical part. The theoretical part contains a description of the anatomy and kinesiology of the foot and ankle joint. It also deals with the problems of ankle sprain, mechanism of injury, treatment and physiotherapy. At the end of the theoretical part, the method of kinesiology taping, Mulligan concept and the MWM (Mobilization with movement) techniques are also described. The practical part describes the data collection, results and their evaluation. Four patients after ankle sprains were involved in the practical part and randomly divided into two groups. Both groups of patients received a standard physiotherapy intervention. This intervention was based on manual techniques and active exercises. At the end of each therapy session, the tape was applied on two patients. In the appendix, a description of the of the kinesio tape associated with movement according to Brian Mulligan together with photographic documentation of application is included. Functional tests such as the Weight-Bearing Lunge Test, anthropometric measurement, NRS (Numeric Rating Scale), Talar Tilt Test and standing on the tip of the injured lower limb were chosen to evaluate the results. The discussion includes a comparison of the results of the thesis with foreign literature. The results show that all patients showed improvements of some sort. Physiotherapy intervention based mainly on manual techniques, active exercises and application of kinesiotape according to Brian Mulligan showed improvement especially in increasing range of dorsal flexion and reducing pain.