

## **Abstract**

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**Title:** A case study of physiotherapeutic care of a patient after knee arthroscopy

### **Objectives:**

The aim of this bachelor thesis is to provide comprehensive information about knee joint their injuries, examinations, treatment and rehabilitation procedure. The aim is also to document the physiotherapy care of the patient after knee atroscopy for anterior cruciate ligament lesion, cartilage defect and plica syndrome.

### **Methods:**

In the general part of the thesis I summarize the theoretical knowledge concerning the knee joint, including anatomy and biomechanics, mechanism of injury and treatment of some injuries of this joint. Furthermore, I focus on the possibilities of clinical examination and subsequent rehabilitation. In a special part of the thesis I present a case report of a patient after ASK of the knee joint with cartilage and ACL lesion, and plica syndrome. This section contains a description of 8 therapeutic units including initial and output kinesiological analysis. All literature used is listed at the end of this paper.

### **Results:**

In the general section, information regarding the knee joint was summarized. The types of soft tissue injuries, their examination and treatment, especially the arthroscopic approach, and possible rehabilitation procedures were discussed in detail. In a special section, the results of the examinations before and after all therapies were described in detail and compared. In almost all the aspects studied, the patient improved, so considering the stated goals of rehabilitation, we can say that the effect was positive.

### **Conclusion:**

I perceive the work as very beneficial. Thanks to the preparation of the general part, I have expanded my knowledge in the field of knee joint problems and gained a theoretical basis for working with the patient, which I demonstrate in the special part of this thesis. Thanks to the active cooperation of the patient and the procedures used, the patient's condition has improved significantly, and I believe that his prognosis for returning to sport will be good.

**Keywords:**

arthroscopy, knee joint, knee soft tissue injury, case report, physiotherapy