

Abstract

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Title: Case report of physiotherapeutic care of an adult patient after liver transplantation

Objectives: The main aim of this bachelor thesis is to summarize the theoretical information about liver transplantation and to prepare a detailed case report of an adult patient who underwent this surgery.

Methods: The theoretical part summarizes the knowledge about liver transplantation, specifically about indications and contraindications for transplantation, waiting list, organ donation, complications of the procedure, immunosuppressive therapy and quality of life of patients after liver transplantation. Furthermore, the theoretical part covers the general principles of rehabilitation after transplantation and physiotherapeutic examination and therapeutic methods and procedures. The special part includes a detailed case study of physiotherapeutic care of a patient who has undergone liver transplantation. The case report also includes a description of the therapies that took place as part of a continuous professional practice at the Institute of Clinical and Experimental Medicine in Prague between January and February 2023.

Results: The patient achieved an improvement in fitness and a significant reduction in pain in the surgical wound area over the course of eight treatments, which were the main goals of the set therapy. The patient's independence also improved during the hospitalization and he was discharged to home care.

Conclusion: In a relatively short period of time, I was able to improve the patient's condition and independence, but his other complaints, namely cervical spine pain, did not improve. If the patient follows the treatment and regimen set by the doctor, he has a great chance for a return to a normal life that will be better than his life before the transplant.

Keywords: transplantation, liver, physiotherapy