

Title:

Use of Mulligan Mobilization Techniques in Patients with Distortion of Ankle Joint

Abstract:

This bachelor thesis deals with distortion of ankle joint and Mulligan Concept application issues. The main purpose of the thesis is to use the Mobilizations with Movement techniques (hereinafter referred to as MWM) in patients who suffered ankle joint sprain. With the thesis being divided into theoretical and practical parts, the former one presents the issue of ankle joint using anatomic point of view and kinesiology viewpoint. The following chapter deals with ankle joint distortion with regards to its most frequent cause, a risk of development of CAI (chronic ankle instability), appropriate treatment and physiotherapy. At the end of theoretical part is presented Brian Mulligan and his concept. The practical parts consists of casuistry on two themes. Both of them include initial examination, therapy goals definition, description of physiotherapy intervention and final examination. In order to be able to assess therapy results, the author chooses the Knee to Wall Test and Two-scale-stand Test methods as parts of both initial and final examination. In addition, the author compares initial and final values of ankle joint locomotion extent goniometric gauging, lower limbs girth anthropometric gauging, pain assessment using NRS scale, and stand and walk examination, including modifications. Both patients underwent physiotherapy that involved Mulligans MWM and other therapeutic elements. This bachelor thesis agrees with foreign authors on positive impact of Mulligan Concept on patients who suffered ankle joint distortion.

Key words: ankle joint, ankle sprain, Mulligan Mobilization Techniques, physiotherapy, ligaments of ankle joint