

Abstract

Author: Markéta Kolářová

Thesis supervisor: Mgr. Petra Nováková

Title: The influence of mobility on self-sufficiency of patients after proximal femur fracture

This thesis deals with proximal femur fractures and their impact on self-sufficiency and mobility of patients with this diagnosis. This trauma is very common, and because of the increasing incidence, high morbidity and mortality, negative impact on self-sufficiency and quality of life and high economic cost, it is a worldwide problem that needs to be solved. An important part of taking care of these patients is rehabilitation which includes physiotherapy.

The thesis has got two parts – theoretical and practical. The theoretical part includes the characteristics of proximal femur fractures and describes their influence on the mobility and the relation between mobility and self-sufficiency. The practical part includes 3 case studies of patients with the diagnosis of a proximal femur fracture.

Objectives: The main objective of the theoretical part is to make clear characteristics of proximal femur fractures and to summarize the issue of loss and recovery of mobility and self-sufficiency in relation with these fractures. The main objective of the practical part is to describe the effect of a physiotherapeutic intervention on mobility and self-sufficiency, another objective is to assess the self-sufficiency of patients with proximal femur fracture.

Methods: The theoretical part contains information based on the scientific literature, I chose databases EBSCOhost, PubMed and Web of Science for the research, I used mainly electronic sources in English language. Data collection for the practical part took place in Chirurgická klinika Všeobecné fakultní nemocnice during the July, September and October 2022.

Results: Proximal femur fractures have an impact on a decrease of mobility of the patients which leads to a decrease of their self-sufficiency. The physiotherapeutic intervention targeting at increasing the muscle strength and a range of motion, practice of verticalization and walking, practice of balance and increasing the physical condition has a positive influence on increasing the mobility and self-sufficiency.

Keywords: proximal femur fracture, mobility, self-sufficiency, physiotherapy