

Abstract

Title: LCA plastic surgery methods and subsequent rehabilitation

Objective: The aim of this bachelor's thesis is to become familiar with the problem of injury to the soft structures of the knee joint, especially the anterior cruciate ligament. Furthermore, familiarization with methods of injury treatment and subsequent rehabilitation.

Summary: This bachelor's thesis is completely theoretical and is divided into eight parts. The first part contains clinical knowledge about the knee joint. The second part presents the goals, tasks and methodology of the work. The third part contains general knowledge about knee joint injuries. The fourth chapter has the task of familiarizing with the diagnosis of anterior cruciate ligament injuries. The fifth part summarizes information about cruciate ligament injuries in terms of injury incidence, pathophysiology, treatment options for LCA lesions, and classification and clinical presentation. The sixth part contains LCA plastic surgery methods, the difference between autologous and allogeneic graft and subsequent complications after plastic surgery. In the seventh part, rehabilitation after both conservative and operative treatment of the LCA lesion is presented. The eighth part contains recommendations for the rehabilitation of patients after anterior cruciate ligament plastic surgery. In the conclusion, the knowledge and preferences of the given issue are summarized. with added personal experience.

Keywords: knee joint, knee soft tissue injury, ligamentum, LCA, rehabilitation