

BACHELOR THESIS ABSTRACT

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Title: Occupational therapy in the rehabilitation of patients after fracture of the distal radius and hand

Abstract:

This is a theoretical-practical work. The theoretical part briefly describes the anatomy and kinesiology of the upper limb with a focus on the hand and wrist, and then presents a summary of the most common fractures in this body part. The last and the longest chapter is about the possibilities of occupational therapy for patients fractures of the distal radius and hand, especially in the period after removal of fixation. Occupational therapy has a very wide application for these patients. Functional disorders of the hand and wrist, which are a frequent complication of fracture treatment, are often closely related to the limitation of self-sufficiency and have a great impact on the patient's quality of life.

The aim of the practical part is chosen and verify the occupational therapy methods for people with fractures of the distal radius and hand. This section contains case reports of three patients, two of whom suffered a distal radius fracture and one with fracture of the fifth metacarpal. Each case report contains a detailed initial and discharge examination with a focus on self-sufficiency in daily life (including the use of a standardized examination of grip strength, the Purdue Pegboard Test, and the Jebsen-Taylor test) and structure of the individual therapies that I performed with the patients. In the therapy sessions I used various methods and approaches, from simply biomechanical to training and education about activities of daily living, based on the individual goals of each patient. As part of the control examination, I present the functional changes I observed. In all of them there was an improvement in wrist range of motion, an increase in muscle strength and a decrease in pain.

Key words: distal radius fracture, hand, self-sufficiency, occupational therapy, rehabilitation