

## **Abstract:**

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**Title:** Case Study of Physiotherapeutic Treatment of a Patient with the Diagnosis of the State after a Fracture of the Proximal Part of the Humerus

**Objectives:** The aim of this bachelor thesis is to analyze and describe the physiotherapeutic care provided to a patient after a fracture of the proximal humerus. The thesis focuses on the theoretical part, which addresses the issues related to this topic and provides an overview of suitable physiotherapeutic procedures for this condition, as well as the practical part, which presents a specific case study and the results of care provided to the patient.

**Methods:** The theoretical part of the thesis is conducted through a literature research focusing on the anatomy and kinesiology of the shoulder joint area and humerus. It also describes the classification of fractures, treatment options (conservative vs. surgical), and subsequent rehabilitation after fractures.

The practical part provides a detailed description of a specific case study of a patient after a fracture of the proximal humerus. It includes a comprehensive kinesiological analysis, based on which the appropriate therapy was proposed. All knowledge is based on experiences gained during the course of study.

**Results:** During my bachelor internship at the Oblastní nemocnice Kladno, I processed a case study of patient E. J. Thanks to physiotherapeutic care, the predetermined objectives were achieved. These results were documented through objective examinations and the patient's subjective opinion.

**Conclusion:** In conclusion, the bachelor thesis comprises both theoretical and practical parts on the topic of treatment of a patient with the diagnosis of the state after a fracture of the proximal humerus.

**Keywords:** Fracture, humerus, shoulder girdle, physiotherapeutic care, rehabilitation, diagnosis, treatment.