

# **Abstract**

## **Author:**

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## **Title:**

Case report of physiotherapy care for a patient with a diagnosis of subtotal rupture of the anterior cruciate ligament

## **Objective:**

The aim of this bachelor's thesis is to develop a case study of physiotherapy care for a patient with a diagnosis of subtotal rupture of the anterior cruciate ligament and to process information about the given diagnosis.

## **Methods:**

The bachelor thesis consists of a theoretical and a special part. The theoretical part contains general information about the knee joint and the given diagnosis, as well as examination and physiotherapy methods and procedures used for the given diagnosis. The special part contains a case study of a patient after a subtotal rupture of the anterior cruciate ligament, which consists of an initial kinesiology analysis, an output kinesiology analysis and 8 therapeutic units. I processed the special part during continuous professional practice, which took place at the Beroun Rehabilitation Hospital.

## **Results:**

If we compare the results of the entrance and exit examinations, we will see an improvement in most aspects. Among the most important improvements are a subjective reduction of pain and a feeling of distrust in the knee joint, as well as an increase in muscle strength and an improvement in stability.

## **Conclusion:**

Thanks to the processing of this bachelor's thesis, I expanded my knowledge in the area of the knee joint and anterior cruciate ligament and the physiotherapeutic methods used.

## **Keywords:**

Knee joint, case report, rehabilitation, physiotherapeutic methods and procedures, anterior cruciate ligament