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Title: Case study of physiotherapeutic care of a patient after osteosynthesis of tibial plateau fracture.

Objectives: The aim of this bachelor thesis is to elaborate a detailed case study of physiotherapeutic care of a patient diagnosed with osteosynthesis of tibial plateau fracture and to analyse theoretical knowledge from the literature concerning this diagnosis.

Methods: This bachelor thesis is divided into two parts. The first part is theoretical and describes the anatomical and kinesiological context of the knee joint, and discusses the knowledge from the field of traumatology and rehabilitation of the specific diagnosis. The special part of the thesis is based on the professional practice that took place at the Centrum léčby pohybového aparátu Vysočany. This part contains a detailed case report of a patient with the mentioned diagnosis. The case report includes an initial and final kinesiological analysis, short-term and long-term physiotherapy plan, a record of the individual therapies and at the end is summarized the effect of the therapy.

Results. It was succeeded to increase the range of motion of the operated joint into flexion and to reduce pain at rest and during movement. Furthermore, it was possible to strengthen the weakened flexors and extensors of the operated joint and to improve the coordination and motor skills of the PDK.

Conclusion: This study met the objectives and described the applicability and effectiveness of the physiotherapy techniques and methods used in the rehabilitation of a patient after osteosynthesis of a tibial plateau fracture.

Keywords: fracture, physiotherapy, knee joint, tibial plateau, rehabilitation