

## **Abstract**

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**Title:** Case study of physiotherapeutic care of a patient after surgical reconstruction of the anterior cruciate ligament of the knee joint

**Objectives:** The aim of the theoretical part of this bachelor thesis is to summarize the problems of anterior cruciate ligament injuries of the knee joint, including the etiology of the injury, methods of treatment and description of modern physiotherapy techniques used for the condition after surgical reconstruction of the anterior cruciate ligament of the knee joint and their comparison. The special part of the thesis is a case report of a patient with this diagnosis, the aim is to compare the initial and output kinesiological analysis and to evaluate the outcome of therapy.

**Methods:** The theoretical part is prepared with the help of available literature, especially recently published articles dealing with issues close to the topic of the thesis. All the sources used are listed in the list of literature in the citation method APA 7. The case report of the patient forming the special part of the thesis was prepared on the basis of the professional practice that took place at the Centre for Treatment of the Musculoskeletal System s.r.o. in Prague 9 from January 8th 2024 to February 2nd 2024 under the supervision of Mgr. Dana Šachová.

**Results:** The theoretical part of the thesis fulfils the set objectives. It includes a description of the problem and treatment and comparison of rehabilitation methods applied for the given diagnosis on the basis of current professional publications. The therapy of the patient described in the special part of the theses can also be described as successful, most of the short-term goals of the therapy were met and the patient was adequately educated about self-therapy, which is essential for meeting long-term goals.

**Conclusion:** I consider the process of preparing my bachelor thesis to be very beneficial, working with professional articles has expanded my knowledge not only about the studied diagnosis. The positive outcome of the therapy is the result of many factors, among the most important are the constructive advice of the CLPA

staff, the active attitude of the patient and the adequately chosen methods of physiotherapy.

**Keywords:** Physiotherapy, knee joint, anterior cruciate ligament, ACL reconstruction, case report